



High Country Connections

The Grand Seniors monthly newsletter



We will miss you, Missy!

After six years at Mountain Family Center, Missy is moving on to new adventures. She'll be moving back to her home state of Florida in July to be closer to her parents and family. Her last day at MFC will be July 2nd. Missy's favorite memories with Grand Seniors are all of the outings of course, but really getting to know the senior adults of our community one on one. She will miss the dear friends she's made here and promises to come back to visit!

With her departure, we welcome our new Senior Program Manager, Jodi Johnson. Jodi and her husband have lived in Grand County for 17 years. They raised their son here, owned a restaurant and are involved in the community in many ways. Jodi is so excited to get to know our Grand Seniors clients/friends and help make our community an even better place for residents of all ages!



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Grand Seniors Team

Stacy Starr
Executive Director

Jodi Johnson
Senior Program Manager

Katie Stuvell
Health and Senior Resource Specialist

Client Services Drivers:

Todd Bandemer
Kelly Holmes
Kim Long
Ann Williams
Tom Williams

Grand Seniors

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

FUNDING PROVIDED IN PART BY:

**VINTAGE**

**What did one
American flag say
to the other flag?**
Nothing. It just waved.



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

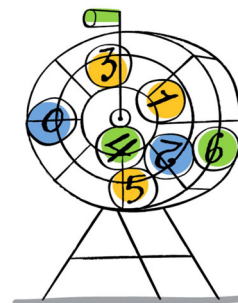
BINGO News

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

Tuesday, July 14th

Tuesday, July 28th

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



Thursday, July 16th at 12pm

GAME DAY

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 that enjoys “Granby” Hand and Foot Canasta!

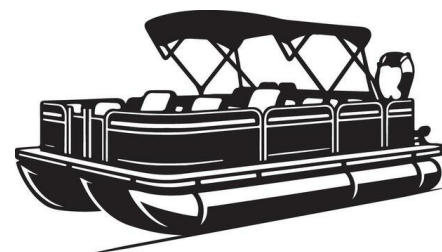
Summer is here!

Spend a day on the lake with us!

Wed, July 22, 10am-2pm

\$25 includes boat ride & lunch*

Seats are limited, rsvp by July 16 to 970-887-3222.



Calling all Rockies fans! Let us take you out to the ball game! Our annual Grand Seniors Colorado Rockies trip is coming up! These seats go FAST, call **970-887-3222** to sign up before July 27.

Colorado Rockies vs Tampa Bay Rays

Coors Field

Wednesday, August 5

1:10pm play ball

\$25 includes transportation, admission and lunch*



*Cost assistance is available for ALL Grand Seniors events and activities.

FREE TECH assistance



Fraser Library Friday, July 3, 10, 17, 24, 31 2 p.m.	Granby Library Tuesday, July 7, 14, 21, 28 10 & 11 a.m.	Hot Sulphur Springs Library Monday, July 6 & 20 2 p.m.
Juniper Library Thursday, July 9 & 23 2 p.m.	Kremmling Library Monday, July 6 & 20 10 & 11 a.m.	

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

July Programs

Join us!
Lunch & program provided

Registration Required
& closes 5 days before event.

To register: Go to www.gcld.org
and click on Programs or
speak with a librarian.

Need Transportation?
Contact Grand Seniors at
970-887-3222.

** Granby Library*

Tuesday, July 7 @ 12:30 p.m.
Why Our Stories Should Be Told,
Phil Ivers

** Kremmling Library*

Wednesday, July 8 @ 1 p.m.
Not Just a Pretty Face: Flower Gardening
in Grand County, Trish Cyman

** Fraser Valley Library*

Friday, July 10 @ 11:30 a.m.
A Bone to Pick, A Leaf to Chew: The
Ultimate Dino Diet Showdown, KC Rose

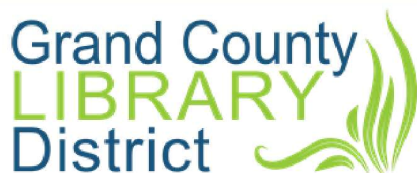
** Juniper Library*

Friday, July 24 @ 12:30 p.m.
Travel Talk: Journey Along the Camino de
Santiago, Mariah Hughes

** Hot Sulphur Springs Library*

Tuesday, July 28 @ 12 p.m.
Topic TBD

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

Grand County HA Senior Meals

Menu for Kremmling

July 2026



The menu is subject to

change without

prior notice.

Tuesday

Thursday

2nd

Sweet and Sour Chicken
Rice
Broccoli
Egg Roll

7th

9th

Cowboy Casserole
CA Vegetables
French Bread
Mandarin Oranges

French Onion Breaded Chicken
Mashed Potatoes/Gravy
Asparagus
Roll

14th

16th

Tuna Noodle Casserole
Mixed Veggies
Bread/Butter
Fruit

Brats/Sauerkraut
Corn of Cob
Cucumber Salad
Fruit

21st

23rd

Enchilada Pie w/L,T
Rice
Refried Beans
Tortilla Chips

Bacon Cheeseburger w/LTO
French Fries
Applesauce

28th

30th

Spaghetti
Side Salad
French Bread

Crunchy Pecorino Baked Cod
Rice
Green Beans
Peaches

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.

RSVP is required.

See schedule and menu on page 5.

Grand Lake:

Senior Lunches at SageBrush BBQ continue every

Wednesday at 11am

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.

Standard Mail
U.S. Postage
PAID
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RETURN SERVICE REQUESTED