



High Country Connections

The Grand Seniors monthly newsletter

OCTOBER

2026



Butternut Squash: A Nutrient-Rich Fall Favorite

Written by Patti Murphy, RDN, CDCES

Butternut squash is a delicious fall and winter ingredient that is full of nutrients. It's naturally sweet, nutty flavor makes it versatile in soups, side dishes, salads, stews, and even baked goods.

Its bright orange color comes largely from carotenoids such as beta-carotene. The body can convert beta-carotene into vitamin A, which is important for normal vision, immune function, bone health, and cell growth. Butternut squash also provides vitamin C and other antioxidants that help protect cells from oxidative damage.

Easy Ways to Enjoy Butternut Squash

Try roasting cubed squash with olive oil and herbs, adding it to salads or grain bowls, replacing potatoes with squash in some recipes, or blending cooked squash into a creamy soup. Its naturally sweet flavor pairs well with cinnamon, ginger, garlic, thyme, sage, and other herbs and spices. Or, butternut squash makes a delicious soup! See recipe on page five.

Grand Seniors Team

Stacy Starr
Executive Director

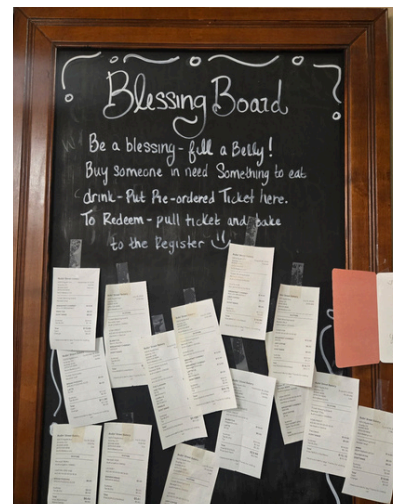
Jodi Johnson
Senior Program
Director

Katie Stuvell
Health and Senior
Resource
Specialist

Client Services Drivers:

Kelly Holmes
Kevin Jones
Kim Long
Ann Williams
Tom Williams

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



Stop by Rollin Street Bakery in Granby or Winter Park and take advantage of their Blessing Board!



Events and Outings

OCTOBER

10/5

Sun Outdoors 11-1

Fall Bowling League begins October 5th. The first Monday of the month.

Bowling, Pizza and Fun!

10/6

BINGO

Grand Seniors 10:00am

60+ Welcome! We play 5 games; Fun, Snacks and Prizes.

10/15

GAME DAY

Grand Seniors 10:00am

Hand and Foot is our usual game, join us for lunch, lively conversation and cards.

10/20

BINGO

Grand Seniors 10:00am

60+ Welcome! We play 5 games; Fun, Snacks and Prizes.

10/20

MAHJONG

Grand Seniors 12-2

Learn to play Mahjong in a friendly, fun environment. Includes lunch.

10/27

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Grand Seniors 12-2

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Please call the office to sign up for any of our events or if you have questions. (970)887-3222

GRAND SENIORS TRANSPORTATION

If you are a senior 60+, or a Medicaid holder 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 require at least 48 business hours advance notice for in-county trips and 72 business hours 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 contributions amounts are \$4 - \$7 for in-county trips and \$25 - \$40 for out-of-county trips.

CALL 970-887-3222 with questions or to schedule a ride.



**Granby Library
Thursdays
11a.m.**

Join us for an introduction to Ageless Grace, a chair exercise program that promotes brain health.



Granby Library

55 Zero St

Granby, CO 80446 | 970-887-2149

www.gcld.org



**Grand County
HA Senior Meals
Menu for Kremmling
October 2026**

**Menu subject to change without
prior notice
Reservations need to be called in
24 hours in advance:
Kim Mink 970-531-1613**

Tuesday

Thursday

10/6

Ham and Split Pea Soup,
Meat and Cheese Roll up,
Corn Bread, Fruit

10/1

Chicken Pot Pie with
Green Beans
Bread/Butter and Fruit

10/13

Baked Fish/Chef's Choice, Rice,
Three Bean Salad, Bread/Butter,
Fruit

10/6

Ham and Split Pea Soup,
Meat and Cheese Roll up,
Corn Bread, Fruit

10/20

Spaghetti, Ceasar Salad,
French Bread, Fruit

10/15

Chicken and Bean Enchiladas,
Cream Style Corn, Chips, Fruit

10/27

Salisbury Steak, Roasted
parmesan Potatoes, Broccoli,
Roll/butter

10/22

Smothered Pork Chops,
Mashed Potatoes/Gravy, Mixed
Veggie, Roll

10/29

Taco Soup, Salad, Breadsticks,
Fruit



Lunch & Learn for Seniors

Free event open to adults
60 and above

September 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, October 6 @ 12:30 p.m.
Medicare Open Enrollment, Jonnah Glassman

** Fraser Valley Library*

Friday, October 9 @ 11:30 a.m.
The Neuro-Nutritionist: Foods and Eating
Patterns to Sharpen Your Mind, KC Rose

** Kremmling Library*

Thursday, October 15 @ 1 p.m.
Financial Fraud Awareness, James Rindt, UBB

** Juniper Library*

Friday, October 23 @ 12:30 p.m.
TBD

** Hot Sulphur Springs Library*

Tuesday, October 27 @ 12 p.m.
Election Season Media Literacy, John Marte

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 

Grand County Library District

PO Box 1050
Granby, CO 80446 | 970-887-9411
www.gcld.org



Creamy Butternut Squash Soup

Makes: 6 servings

Serving size: About 1½ cups

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 6 cups peeled and cubed butternut squash
- 4 cups low-sodium vegetable or chicken broth
- 1 teaspoon dried thyme
- ½ teaspoon ground ginger
- ¼ teaspoon black pepper
- ¼ teaspoon salt, or to taste
- ½ cup unsweetened plain coconut milk or unsweetened almond milk
- 1 tablespoon lemon juice

Directions

1. Heat olive oil in a large pot over medium heat. Add onion and cook for 4–5 minutes, until softened.
2. Add garlic and cook for about 30 seconds.
3. Add butternut squash, broth, thyme, ginger, pepper, and salt. Bring to a boil.
4. Reduce heat, cover, and simmer for about 20–25 minutes, or until the squash is very tender.
5. Carefully blend the soup with an immersion blender until smooth. Alternatively, blend in batches using a standard blender.
6. Stir in the milk alternative and lemon juice. Warm gently and adjust seasonings to taste.

Estimated Nutrition Per Serving

Calories: 155

Protein: 3 g

Carbohydrates: 28 g

Fiber: 6 g

Fat: 5 g

Sodium: approximately 300 m



Get involved –Stay in Touch

Sign up for Grand Seniors 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!

SENIOR LUNCHEES IN THE COUNTY

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 3.

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.

Lonesome Stone Pottery & Fused Glass Studio

Linda has been amazing with our groups and the fused glass classes are very fun. Right now we're making fused glass nightlights. Classes are limited to three people, but we can schedule them as often as we like! \$25 includes all supplies. Please call Jodi at 970-887-3222 to schedule.



**PO Box 42
480 E. Agate St, Suite 1C
Granby, CO 80446**

**Standard Mail
US Postage
PAID
Permit #20**

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 501C-3 non-profit dedicated to building self-reliance for individuals and families through responsive and collaborative services.