High Country Connections

Grand Seniors monthly newsletter

NOVEMBER 2026

Dreading Medicare Open Enrollment?

Does even thinking about your Medicare coverage raise your heart rate? Let the State Health Insurance Assistance Program (SHIP) take some of the stress out of it! Medicare plans change. Your needs change. And trying to sort through premiums, prescriptions, providers, and plan options on your own can be... a lot.
The good news? You don't have to do it alone!

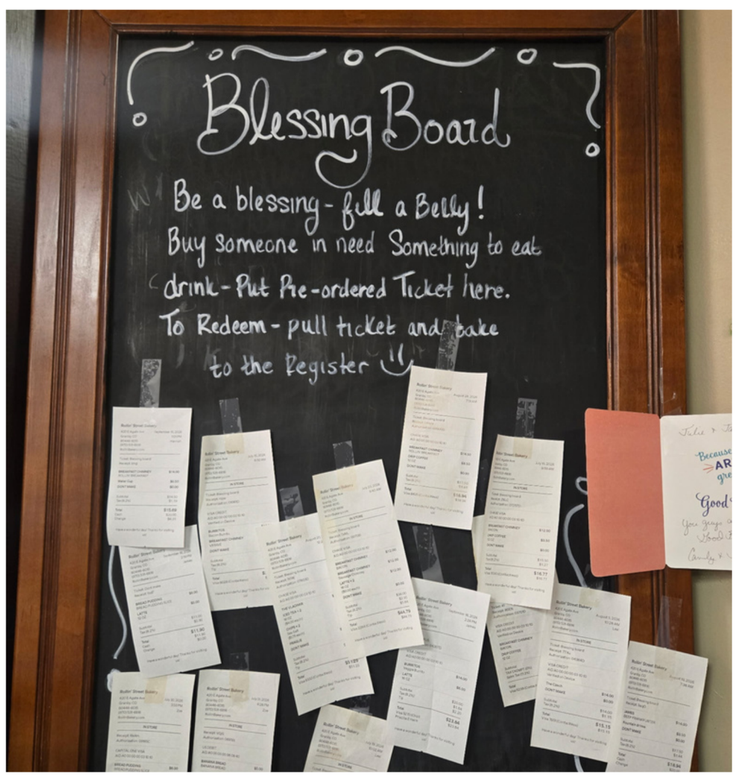
Vintage: Services For Aging Well in Colorado offers FREE, confidential, unbiased one-on-one Medicare appointments. Book now for appointments available at Mountain Family Center or the Fraser Library. A state certified counselor with SHIP will review your current coverage, prescriptions, plan options, and help you feel confident about your Medicare coverage for 2027.

Appointments are available now!
Book an appointment on their website YourVintage.org, call Vintage directly at 970-315-1329, or call Grand Seniors at 970-887-3222.

Locations

Mountain Family Center: 480 E Agate Ave, Granby, CO 80446
Fraser Library: 421 Norgren Rd, Fraser, CO 80442

Vintage is here to help you navigate your Medicare options during open enrollment! The enrollment period is Oct. 15 – Dec. 7; changes take effect Jan. 1, 2027.



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

FUNDING PROVIDED IN PART BY: VINTAGE

Grand Seniors Team

Stacy Starr
Executive Director

Jodi Johnson
Senior Program Director

Katie Stuvel
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

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Events and Outings

NOVEMBER

11/2 BOWLING
Sun Outdoors: 11:00am-1:00pm
Fall Bowling League! The first Monday of the month.
Bowling, Pizza and Fun.

11/3 BINGO
Grand Seniors: 10:00am
60+ Welcome! We play 5 games; Fun, Snacks and Prizes.
This week we welcome Grand Beginnings' 4-year-olds to play Bingo with our seniors!

11/10 BINGO
Grand Seniors: 10:00am
60+ Welcome! We play 5 games; Fun, Snacks and Prizes.

11/12 GAME DAY
Grand Seniors: Noon
Hand and Foot is our usual game; join us for lunch, lively conversation and cards.

11/17 NO BINGO
MAHJONG will resume in December

SAVE THE DATE
Grand Seniors Holiday Party will be on Thurday, December 17 at the Granby Community Center Noon-3:00pm

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.

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ageless Grace®

Brain Health Fitness





Granby Library
Thursdays
11a.m.

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

Grand County LIBRARY District

Granby Library
55 Zero St
Granby, CO 80446 | 970-887-2149
www.gcld.org

Grand County HA Senior Meals

Menu for Kremmling

November 2026

GRAND COUNTY HOUSING AUTHORITY

The menu is subject to change without prior notice.

Tuesday	Thursday
3RD	**5TH**
Meatloaf Mashed Potatoes/Gravy Brussel Sprouts Roll Fruit	Shepards Pie Cresent Roll Fruit
10th	**12th**
Smothered Burrito Spanish Rice Refried Beans Tortilla Chips Fruit	Chicken & VegetableSoup Cornbread Fruit
17th	**19th**
Beef Tips w/ Noodles Cucumber Salad Roll Fruit	Cowboy Cassarole Roll Fruit
24th	**26th**
Thanksgiving Meal Turkey Mashed Potatoes/Gravy Green Bean Casserole Roll/Pie	**HAPPY THANKSGIVING** **NO MEAL WILL BE SERVED**
Meals are served with coffee & tea. **Suggested Donation for meal is $4.00** **FOR SENIORS 60 +** **VISITORS under 60 are Always Welcome!!**	**RESERVATIONS** **Need to be called in 24 hour in ADVANCE** **Please Call KIM 970-531-1613**

FREE tech assistance



Fraser Library Friday, November 6, 13, 20 2 p.m.	Granby Library Tuesday, November 3, 10, 17, 24 10 & 11 a.m.	Hot Sulphur Springs Library Monday,November 2 & 16 2 p.m.
Juniper Library Thursday, November 12 & 19 2 p.m.	Kremmling Library Monday, November 2 & 16 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.

Grand County Library District

PO Box 1050

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

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

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 LUNCHES 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.