



# High Country Connections

The Grand Seniors monthly newsletter



## Winter Park Summer Gondola Ride

Enjoy the views from the top! Grand Seniors will be taking a scenic gondola ride at Winter Park Resort followed by lunch at 10,700 feet at the Lodge at Sunspot.

**July 31st at 10:30am departure time**

**\$10\***

Call the office at 970-887-3222 to sign up by July 18th

\*cost assistance available

## Yampa Valley Botanic Gardens

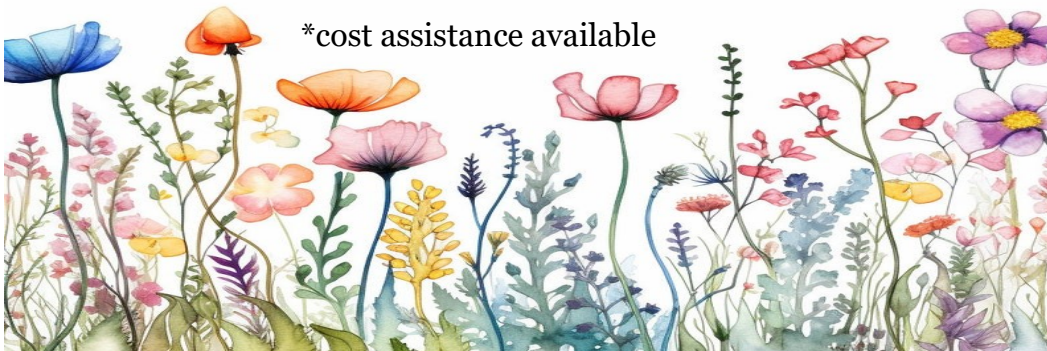
Check out another Botanic Garden with us! This is a smaller, walkable garden in Steamboat Springs. Lunch will follow at a local café.

**July 24th at 9:30am departure time**

**\$10\***

Call the office at 970-887-3222 to sign up by July 18th

\*cost assistance available



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### Grand Seniors Team

**Stacy Starr**  
Executive Director

**Missy Posey**  
Transportation Program Mgr.

**Katie Stuvell**  
Community Programs Mgr.

### Client Services Drivers:

Karen Pojar  
Tom Williams  
Kim Long  
Kevin Jones  
Hap Wood  
Ann Williams  
DeeAnna Jones  
Kelly Holmes

### Grand Seniors

970-557-3186 (MFC)  
970-887-3222 (Seniors)  
480 E. Agate St.  
PO Box 42  
Granby, CO 80446

FUNDING PROVIDED IN PART BY:



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

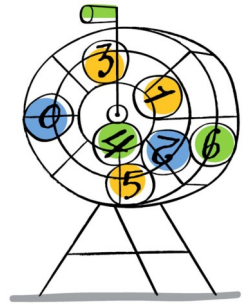
Bingo will continue at our Grand Seniors office in Granby the following dates:

**Tuesday, July 2nd**

**Tuesday, July 16th**

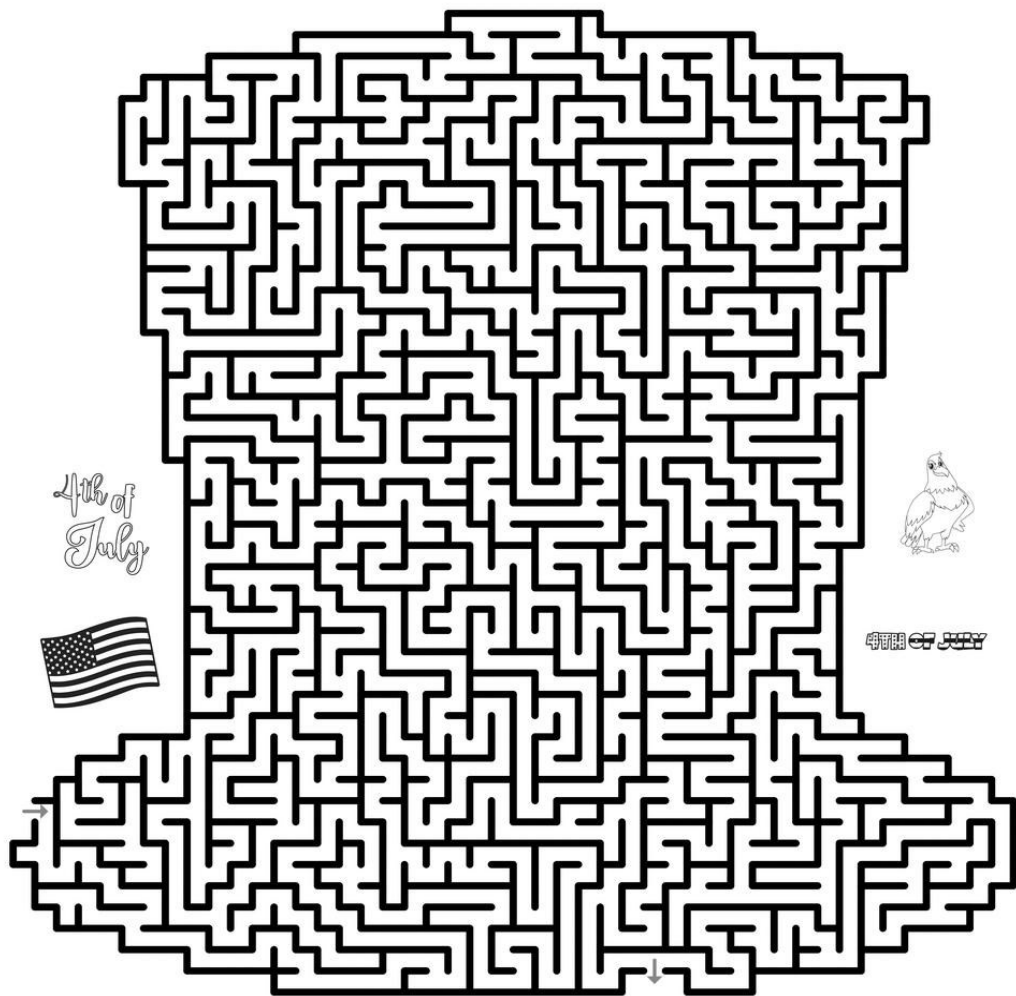
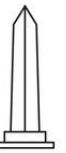
**Tuesday, July 30**

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



## Uncle Sam Maze

Can you get through the maze?



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## SILVER SPRUCE LUNCH JULY 2024

Tuesday	Thursday
<b>2nd</b> Meat Loaf Baked Potatoes Green Beans Pears Pudding	<b>4th</b> HAPPY INDEPENDENCE DAY  No Lunch Served
<b>MONDAY MONDAY MONDAY 8th</b> King Ranch Casserole Brussel Sprouts Garden Salad Fruit	<b>WEDNESDAY WEDNESDAY 10th</b> Taco Salad Melon Cornbread Brownie/Ice cream
<b>16th</b> Baked Steak Terriyaki Brown Rice Carrifruit Salad	<b>18</b> Sloppy Joes Sweet Potato Fries Pasta Salad Peach Cobbler
<b>23rd</b> Hamburger Goulash Garden Salad Grapes Oatmeal Cookie	<b>25th</b> Pork Roast Hot Bean Casserole Spinich Ambrosia Salad
<b>30th</b> Lemon Parmesan Salmon Rice Pilaf Oriental Vegetables Apple Cranberry Slaw	

Suggested Donation for meal is \$4.00 for Seniors over 60.

Guests are welcome for a fee of \$15.00

All donations directly support this meal site and enable continuation of this nutrition program.

**LEAVE A MESSAGE FOR RESERVATIONS 48 HOURS IN ADVANCE**

For meal reservations in Kremmling call 970-406-0617

## 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](http://mountainfamilycenter.org/seniors) to sign up for our email list!



#### Kremmling:

A group from Granby will be heading over to the Kremmling Senior Lunch on **July 10** and will be staying to play Bingo after lunch.

Cost is \$4 for lunch and \$5 for Bingo. Please call the office at 970-887-3222 if you would like a ride. More details on page 3.

#### Grand Lake:

Senior Lunches at Sage Brush BBQ continue this summer every **Wednesday at 11am**. No RSVP required, just show up! Senior menu is available for \$8.

Join a group from Granby heading over for this lunch on **July 17th**. Call the office at 970-887-3222 to sign up for the bus!



## *Grand Seniors at Mountain Family Center*

Providing resources and services for seniors and adults with disabilities in Grand County

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.

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