

June 2023



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

May 2023

UPCOMING LUNCH BUNCH & DAY TRIP

June 2, 2023 – Manila Bay

Depart @ 10:30am

Address: 13800 E Mississippi Ave Aurora CO 80012 303-751-2561

RSVP due date: Wednesday, May 31, 2023

Menu price range: \$10-\$23 — <https://www.manilabayrestaurant.com/menu>

Manila Bay Filipino Restaurant came from an idea that even though you aren't in the Philippines you can still get your Filipino fix right here in Colorado. We pride ourselves on excellent food and great customer service but most importantly we offer classic and non traditional Filipino food that you can't find anywhere else. Our goal is to not only serve the best Filipino food but we want to introduce Filipino food not only to those who know the culture but to everyone around the world. It is our vision that we will be able to introduce the Filipino flavors of to every culture in Colorado and in the United States as a whole. We hope that you come here learning something about us as a company and the culture that we have brought to you.

DAY TRIP:

Saturday, June 17, 2023 - 2:00pm – 4:00pm

Sound of the Rockies: Summer Sounds (Depart @1pm)

Address: Newman Center for the Performing Arts, Gates Concert Hall; 2344 E Iliff Ave Denver Co 80210 303-841-7720

Cost: 1-8 RSVPs \$49; 9+RSVPs \$37 (10 people are required for group ticket price)

RSVP due date: Thursday, June 1, 2023 Help Colorado's premier a cappella choruses welcome summer with a celebration of the best tunes of the golden age. This is an audience-favorite and we'll make sure to sing the songs you love! So come out, shed those winter blues and get into the spirit of spring by making beautiful music with Sound of the Rockies chorus, the adult mixed sounds of The Timberliners, and the 52eighty youth chorus. There might even be another surprise or two!

UPCOMING LUNCH BUNCH

Departs the 1st Friday of every month from the admin building at 10:30am unless otherwise noted. \$3.00 Registration fee or \$5 Registration/Transposition fee per each trip are due at time of registration (nonrefundable). At least 5 RSVP's are required to ride the bus per trip unless otherwise noted. We will be limiting the RSVP's to 13 adults for transportation to the location. If any adults want to meet us there please contact me to pay the registration fee to be added to the number. Registration fees for Day Trips include, ticket prices, fees from the venue and transportation costs.

May 5, 2023 – Guadalajara Restaurant

Depart: 10:30am

Address: 1001 S Abilene St Aurora CO 80012 303-696-0903

RSVP due date: Wednesday, May 3, 2023

Menu price range: \$5-\$36 — <https://www.guadalajaraaurora.com/menu>

The restaurant was opened back in 2001 by two close cousins that have been working for almost 18 years together: Toño Amador & Miguel Toro. Nowadays Miguel has retired leaving Toño and a new partner in charge. Keeping the restaurant's prestige by working hard every day.

To register for a trip, please call or email:

Sabrina Foss-Stockwell: 303-307-3241 sfosstockwell@gvrmetrodistrict.com