



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

April-May-June 2014

THE 50+ CLUB IN NEW HANDS

By La Vetta Murray, Community Program Manager

The GVR Metropolitan District has taken the 50+ Club under its wings. Are you asking yourself what is the 50+ Club? This adult club membership starts at age 50 but is certainly opened to those younger. We meet the first Saturday of each month at the Green Valley Ranch Golf club at 4900 Himalaya Rd, Denver, CO 80249 at 9:00 am. Come enjoy a wonderful breakfast buffet, informative speakers and much more. The cost for the breakfast is only \$10 per person with gratuity included.

All are welcome!



Spring is Here.....Let's 'spring' into learning!

By Wanda Woods, Computer Teacher

Learning new skills, whether those skills revolve around a particular computer program or office strategy is important. In today's economic climate one should not let a fear of technology keep them from moving up in their chosen profession. That's why GVR Metropolitan District is offering computer classes to help increase those computer skills. We offer classes from **Basic Essentials** to Creating a Newsletter in **Word** to Creating an Effective **PowerPoint** Presentation to Working with Charts in **Excel**. Most office professionals use many of these programs on a daily basis. In addition, these programs can help a person with these skill sets be more valuable to their organization. All classes are \$45/ea. Each class is 4 hours long. If you sign up for more than one class, the cost is only \$30/ea. Senior rates available (55+). Check out the website, www.gvrmetrodistrict.com for more information, schedule and times. Contact La Vetta Murray at 303.307.3243 to register. Hope to meet you there!

If you no longer wish to receive this newsletter, please call Dee at 303-307-3242 or email her at dmare@gvrmetrodistrict.com with your address.

We post the newsletter on our website at www.gvrmetrodistrict.com/GetOffYourBuns quarterly, as well as email it to anyone who prefers to receive it electronically.

Life made easier, everyday!



Cocktail Shaker as Egg Scrambler

Whip up fluffy omelets by adding eggs, milk, and seasonings together in a cocktail mixer. Give it a few shakes and it's ready for the skillet.

DID YOU KNOW?



Plants watered with warm water grow larger and more quickly than plants watered with cold water.



Coors Brewery Tour

By Mike & Bette George, GVR Residents

There was a full bus for the Get Off Your Buns Active Adult trip to Coors Brewery in Golden in February.

After an informative tour of the brewing process, we enjoyed a few cold samples in the Coors Tap Room while getting to know one another.

Then it was off to the Capitol Grill for lunch and more conversation. We all had a good time and Charles regaled us with stories of the famous Wyoming lawyer Gerry Spence on the ride home.

Join us next time! We're heading to Boulder to see the Shelby Car Museum.

COMING SOON

- ♦ GVR Annual Car Fest - June 7, 2014 from 4:00 - 7:00 pm - 4908 Tower Rd. (Oakwood Homes parking lot)

Need help with Basic Computer Concepts, Word, PowerPoint or Outlook?

These are just a few of the computer classes that are being offered through the GVR Metro District. Call 303-307-3243.

Senior pricing starting at \$35.00.



IN NEED OF HOME HEALTH CARE EQUIPMENT?



Are you or a loved one in need of a wheelchair, a walker or some other home health care equipment? You're in luck, the Metro District will loan you a piece of home health care equipment for free! Just stop by the office and fill out a short form, or for more information, please call the office at 303-307-3240.

DO YOU NEED A HANDYMAN?



**Are you a Handyman?
Want to volunteer?**

For more information please call
La Vetta at 303-307-3243 or
720-641-4801.

***NEW FOR 2014* GROCERY SHOPPING TRIPS**

We are now offering shopping trips to Wal-Mart & King Soopers beginning January 2014.

Trips will be scheduled on the last Friday of each month @ 10 am. If you are interested, please give us a call at 303-307-3243 to schedule a pick-up.



***Resources**

General Contractors:

Handyman Matters, 303-722-7846
HPS- Home & Property Services, 303-698-9999
Inceptor Handyman, 303-750-1234
Willow Creek Contractors, 303-216-2868

Painters:

CJ Painting, 303-903-0111
Shaker Painting, 303-981-0061
Stellar Painting, 720-981-7827

Roofing Contractors:

Alpha Roofing, 303-396-7287
Alpine Roofing, 303-295-7769
Leak Arresters, 303 800-0736
Western Roofing, 303-279-4141

*Resource list from GVR HOA website!



Get Off Your Buns

April 2014

A Green Valley Ranch program enhancing and promoting active lives

*Ad Building is located at 18650 E. 45th Avenue

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 FIFTY PLUS CLUB - 9 am @ GVR Golf Club (4900 Himalaya)
<p>Keep an eye on this website www.gvrmetrodistrict.com/GetOffYourBuns</p>						
6	7 Computer Class: Word 2010-Basics 6-8pm @ Ad Bldg	8 Computer Class: Word 2010-Basics 6-8pm @ Ad Bldg	9 Get Off Your Buns Lunch Bunch-Balistreri Vineyard-departs 11:30 a.m. @ Ad Bldg <i>HOA Hearing Committee mtg. - 6 pm @ Ad Bldg</i>	10	11	12 Easter Egg Hunter - 11 am @ GVR East Park Computer Class: Basic Computer Essentials 9am-1pm @ Ad Bldg
13	14	15 <i>CAB Quarterly Community mtg - 6 pm-8 pm @ Evie Dennis Campus</i>	16 GVR Metro Board Mtg. - 6:30 pm @ Ad Bldg	17	18	19 Computer Class: Windows 7/8 Essentials 9am-1pm @ Ad Bldg
20	21	22 Computer Class: Word-Creating a Newsletter 6-8pm @ Ad Bldg	23 HOA Board Mtg - 6:00 pm @ Ad Bldg	24 Computer Class: Word-Creating a Newsletter 6-8pm @ Ad Bldg	25 Get Off Your Buns day trip: Banjo Billy Bus Tour-departing 10 am @ Ad Bldg	26 9Health Fair 7am - noon @ Green Valley Ranch (4809 Argonne St.) call 303-698-445 5 for more info <u>Great Denver Cleanup-free drop off sites set up around the city (3-446-3557 for more info)</u>
27	28	29	30			

Disclaimer: Trip dates & times subject to change. Please call the office (303-307-3240) to confirm.



Get Off Your Buns

May 2014

A Green Valley Ranch program enhancing and promoting active lives

Disclaimer: Trip dates & times subject to change. Please call the office (303-307-3240) to confirm.

*Ad Building is located at 18650 E. 45th Avenue

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Keep an eye on this website www.gvrmetrodistrict.com/GetOffYourBuns</p>						
				1	2	3 FIFTY PLUS CLUB - 9 am @ GVR Golf Club (4900 Himalaya)
4	5 <i>Computer Class: Power-Point 2010 Basics 6-8pm @ Ad Bldg</i>	6 <i>Computer Class: Power-Point 2010 Basics 6-8pm @ Ad Bldg</i>	7	8	9	10 <i>Computer Class: Excel-Creating tables & outlines 9am-1pm @ Ad Bldg</i>
11	<i>Large item pickup week. Please call 3-1-1 or 720-913-1311 for your collection day.</i>	13	14 Get Off Your Buns Lunch Bunch- BJ's Restaurant-departs 11:30 a.m. @ Ad Bldg GVR Metro Board Mtg. - 6:30 pm @ Ad Bldg	15 Get Off Your Buns day trip: Five Points Jazz Concert-departing 4 pm @ Ad Bldg	16	17
18	19 <i>Computer Class: Excel charting 6-8pm @ Ad Bldg</i>	20 <i>Computer Class: Excel charting 6-8pm @ Ad Bldg</i>	21 <i>HOA Board Mtg - 6:00 pm @ Ad Bldg</i>	22	23	24
25	26 <i>The District & HOA offices will be CLOSED for Memorial Day</i>	27	28	29	30	31 <i>2014 Trilogy Challenge 9 am @ GVR Disc Golf Course (42nd & Lisbon)</i>



Get Off Your Buns

June 2014

A Green Valley Ranch program enhancing and promoting active lives

*Ad Building is located at 18650 E. 45th Avenue

S	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Get Off Your Buns day trip: Botanic Gardens at Chatfield-departing 10 am @ Ad Bldg	4	5	6	7 FIFTY PLUS CLUB @ 9 am GVR Golf Club (4900 Himalaya) Car Fest @ 4 - 7 pm Oakwood Homes parking lot Computer Class: Basic Computer Essentials 9am-1pm @ Ad Bldg
					← Community Garage Sale @ 7 am - 5 pm →	
8	9	10	11 Get Off Your Buns Lunch Bunch-departs 11:30 a.m. @ Ad Bldg (HuHot Mongolian Grill) <i>HOA Hearing Committee mtg. - 6 pm @ Ad Bldg</i>	12	13	14 Computer Class: Windows 7/8 Essentials 9am-1pm @ Ad Bldg
15	16 Computer Class: Word Integration 6-8pm @ Ad Bldg	17 Computer Class: Word Integration 6-8pm @ Ad Bldg	18 GVR Metro Board Mtg. - 6:30 pm @ Ad Bldg	19	20	21
22	23	24	25 HOA Board Mtg - 6:00 pm @ Ad Bldg	26	27	28
29	30					

Keep an eye on this website www.gvrmetrodistrict.com/GetOffYourBuns

Disclaimer: Trip dates & times subject to change. Please call the office (303-307-3240) to confirm.

UPCOMING LUNCH BUNCH (departs admin bldg at 11:30 am)

Balistreri Vineyard- April 9, 2014

RSVP due date: Monday, April 7, 2014 Transportation \$3.00 Lunch price range \$7-\$11

Balistreri Vineyards is a family-owned and operated winery dedicated to making fine quality wine. John Balistreri' wines are made completely natural, with a very approachable, easy-drinking style. They also offer a great lunch menu with choices that go well with all types of wine.

BJ's Restaurant and Brew house- May 14, 2014

RSVP due date: Monday, May 12, 2014 Transportation \$3.00 Lunch price range \$8-\$15

The menu features BJ's own delicious, innovative spin on your favorite foods, including deep dish pizzas, salads, sandwiches, pastas, steaks, baby back ribs and so much more. And of course, everything tastes better with BJ's own handcrafted beer.

HuHot Mongolian Grill/Stir Fry- June 11, 2014

RSVP due date: Monday, June 9, 2014 Transportation \$3.00 Lunch price range \$8.49 (grill meals)

At HuHot you control your destiny! Choose from our fresh selection of meats, seafood, noodles, vegetables and Asian-inspired sauces and watch as your stir-fry creation is cooked on our grill of epic proportions. The possibilities are endless and the bowls are bottomless.

UPCOMING ADULT DAY TRIPS

Banjo Billy Bus Tour: Friday, April 25, 2014 Departing @ 10 am

Registration due date: Friday, April 18, 2014 or as tickets remain available

Cost: \$23 pp: includes ticket and transportation.

Banjo Billy's Bus Tours are one-of-a kind, funky guided tours of downtown Boulder and Denver. As you cruise through town in their zany shack-on-wheels, you'll hear haunting ghost stories, folklore, history, and humor. It's a tour like no other! Each bus is equipped with a couch, arm chairs and even a saddle. Their tours focus on the human interest side of history, telling the stories hidden inside each city.

Five Points Jazz Concert Thursday, May 15, 2014 Departing @ 4 pm-estimated return: 8:30 pm

Registration due date: Thursday, May 1, 2014

Cost: \$13 pp: includes ticket, transportation, light refreshment and two glasses of wine.

This is a night out to sneak preview the upcoming Five Points Jazz concert scheduled later in the month of May. Performing artists are yet to be determined.

Botanic Gardens at Chatfield: Tuesday, June 3, 2014 Departing at 10 am - Returning at 2 pm

Registration due date: Monday, May 30, 2014

Cost: \$3 pp: includes transportation. Lunch cost is on you.

Denver Botanic Gardens at Chatfield is a working farm located along the banks of Deer Creek in southern Jefferson County. The area is known for exceptional bird watching and many trails.

Facilities include the Earl J. Sinnamon Visitor Center, the historic Hildebrand Ranch, a restored 1918 dairy barn and silo, the 1874 Deer Creek Schoolhouse and numerous wildflower gardens.

We will stop by the onsite café for lunch, which serves a variety of great choices from their menu.