



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

APRIL 2013

WELCOME to the first edition of the *Get Off Your Buns* monthly newsletter, which will be coordinated by the GVR Metropolitan District. This month's edition is being sent to all households with members 50 and older in Green Valley Ranch.

We are hoping that you'll enjoy receiving this informative newsletter every month!

If you would like to receive this newsletter electronically to help us save money, please call Dee at 303-307-3240 or email her at dmares@gvrmetrodistrict.com and give her your email address.

If at anytime, you would like to stop receiving this newsletter, please call or email Dee and give her your address.

Vacant Homes

Source: District 5

District 5 has received an increased number of complaints about vacant homes or homes for sale being occupied illegally or broken into for household parts/items. Please be aware of the vacant properties in your neighborhood and call the police if you see suspicious activity (people/vehicles) in or around these homes.

Denver Police emergency: 9-1-1
Non emergency dispatch is
(720) 913-2000



Fraud Alert

Source: District 5

Numerous Denver Citizens have received calls from a person claiming to be a Denver Police Officer. The phone number displayed lists to a Denver Police District - BUT THAT IS A SCAM! The caller then tells the person that they owe a fine and makes arrangements for them to pay it. DO NOT FALL FOR THIS! WE DO NOT SOLICIT OR COLLECT MONEY FOR FINES OR ANY OTHER REASON!

Be sure to check out the following website www.gvrmetrodistrict.com/GetOffYourBuns for new day trips, up to date departure times, and other valuable information.

Life made easier, everyday!



Chip Clip as Bookmark:
Attaching a chip clip to each side of your cookbook will not only keep your place while whipping up dinner, it will also keep the book open.

DID YOU KNOW?

If you lined all of the branches of the average person's blood vessels in a straight line they would total over 60,000miles? That's two and a half times the circumference of the earth.

Come Join Us!

One of the very nicest day trips we took with the Get Off Your Buns program was a trip to the Celestial Seasonings factory.

As always the bus was ready for us at the GVR Metro District Administration Building. We had a great group of people show up and we all got on the bus and were on our way up North. We got to Celestial Seasonings and had to wait a bit for our tour to begin, which was fine because we all had time to look through their great gift shop and even do some shopping. We also had a chance to sample any of the products they have available. We found out that the number one seller of all the products they sell is the "Sleepy Time". It comes in the box with the cute little bear on the front. I also found out that within our group we all had our own favorite.

Our number was called for our tour and all of us in our group had to put on a lovely hair net, if you want to see this, look at the photo at the District Building. We were ready for the tour and our tour guide started out where Celestial received the "tea" from. However, one of the first things she told us that tea is "not tea", but herbal teas by Celestial Seasonings. We saw the big bales of products, went into some of the special rooms where they cure the herbal tea. The room where the peppermint is stored stood out. The herbal tea stays in there for a time to cure and take on this great peppermint flavor. Just going in there made our eyes water a bit. After wandering around in the factory, we went to the packing department. This is all automated and it was great to see up close how machines do the work in such a speedy manner.

After our tour, we went to the cafeteria and had a great lunch. Our bus driver La Vetta brought us home safely to the GVR District Admin Building, and all of us went home with some new knowledge about tea, and herbal tea. We also had a chance to get to know our fellow trip members, which is one of the reasons the Day trips are such a success.

By the way, there is another trip scheduled for the Celestial Seasonings factory on April 19th. I would not be surprised if some of the people who went on this trip before will go again. To of all you who have not been on any of the trips which are available, take advantage of what is offered. Sign up at the GVR Metro District Admin Building. If you have any suggestions for a great day trip please let La Vetta know.

Fenna Tanner
GVR Resident

Computer Classes



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

These are just a few of the computer classes that are now being offered through the GVR Metro District.

COMING SOON

- ◆ 2013 Inaugural Green Valley Car Fest - June 1st - 4:00 to 8:00 pm
- ◆ English as a second language AND Spanish as a second language classes? Let us know if you have an interest... 303-307-3243.
- ◆ We are always looking to develop opportunities that people want in GVR - tell us what you want to participate in... 303-307-3243.
- ◆ Do you FaceBook?

Denver Public Library and You

By Colleen Galvin - Senior Librarian, Green Valley Ranch Library, Denver Public Library

The Denver Public Library is a great place to find adult programs and activities. Fresh City Life My Branch is a continuing series of adult cultural programming offered at the new Sam Gary Branch (located in Stapleton), Schlessman Branch, and other locations. Fresh City Life My Branch offerings range from the expected (book clubs, Colorado Authors Series, Denver and Colorado history) to the whimsical (needle felting woodland creatures). Whether your interests are in food, crafts, health, technology, music, or contests, Fresh City Life My Branch has something for you!

The Denver Public library also offers personalized reading lists. We love connecting people with books they'll enjoy. Just fill out the form on our website <http://denverlibrary.org/request-reading-list> and a librarian will email you a personalized reading list of four to five titles. We'll include a summary of each book, the reason we thought you might like it, and a link to the online catalog where you can get more information about the book, check its availability, place hold requests or add it to your reading list.

And keep an eye out for an increased need for volunteers at the various branches, including Green Valley Ranch Branch, as they expand their hours. More information is available at <http://www.denverlibrary.org/> or contact the Green Valley Ranch Branch 4856 N. Andes Ct. 720-865-0310.

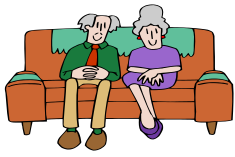
Resources

General Contractors:

Handyman Matters, 303-722-7846
HPS- Home & Property Services, 303-698-9999
Incepector 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



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April 2013

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 FIFTY PLUS CLUB - 9 am @ GVR Golf Club (4900 Himalaya)
Keep an eye on this website www.gvrmetrodistrict.com/GetOffYourBuns						
7	8	9	10 Lunch Bunch departs 11:30 a.m. @ Ad Bldg	11	12	13 9Health Fair 7am - noon @ Green Valley Ranch (4809 Argonne St.) call 303-698-445 for more info <i>Computer Class: Basic Computer Concepts-9 am-1 pm @ Ad Bldg</i>
14	15 Computer Class: Power Point -1- Part 1-6 pm-8 pm @ Ad Bldg	16 Power Point 1 - Part 2-6 pm-8 pm @ Ad Bldg	17	Computer Class: Power Point-Level 1- Part 3-6 pm-8 pm @ Ad Bldg	19 Day trip: Celestial Seasonings Tour depart @ 10:00 am Ad Bldg	20 Computer Class: Windows 7- Part 1 9 am-1 pm @ Ad Bldg
21	22 Computer Class: Excel Level 1- Part 1-6 pm-8 pm @ Ad Bldg	23 Computer Class: Excel Level 1- Part 2-6 pm-8 pm @ Ad Bldg	24	25 Computer Class: Excel Level 1- Part 3-6 pm-8 pm @ Ad Bldg	26	27 Computer Class Seminar: Overview of Windows 8 & "Cloud" (media storage) 9 am - 11:30 am @ Ad Bldg
28	29	30	Large item pickup week. Please go to www.denvergov.org/TrashandRecycling/PickupSchedules/YourPickupSchedule/tabid/440897/Default.aspx for your collection day.			

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

Lunch Bunch

New restaurant every month

April: “Panda Buffet” (Asian cuisine)

Departing every second Wednesday of the month at 11:30 am from the GVR Metro District office
(18650 E. 45th Ave.)

Day Trips

Celestial Seasonings
Friday, April 19, 2013

Mystery Dinner
Friday, May 17, 2013

Wildlife Experience
Friday, June 28, 2013

Senior Law Day
Coming in July 2013

Departs from the GVR Metro District office. Times vary depending on the trip. Please call La Vetta Murray at 303-307-3243 or 720-641-4801 for more information.