



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

January - February 2016

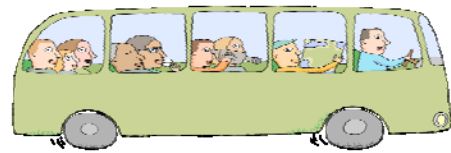
Lunch Bunch

Departing the second Friday of every month

to a new & exciting restaurant!

Departing at 11:30 am
from the GVR Metro District Office - 18650 E. 45th Avenue
Please call to RSVP the Monday prior to the date

ACTIVE ADULT TRIPS



For upcoming trips, please check the back of this newsletter, on our website

www.gvrmetrodistrict.com, or call

La Vetta Murray at
3/307-3243 or 7/641-4801

DO YOU NEED A HANDYMAN?

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



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 for more information

Senior pricing starting at \$35.00.



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UPCOMING LUNCH BUNCH

(Departs the 2nd Friday of every month from the admin bldg at 11:30am. \$3.00 transportation fee per each trip.)

◆ January 8, 2016 – Chili Verde Mexican

Address: 2311 Federal Blvd, Denver 80211 (720) 287-2296
RSVP due date: Thursday, January 7, 2016

Menu price range at: \$13.00-\$16.00

Denver's Home to Authentic Puebloan-Mexican cuisine, where tradition and flavor unite! This restaurant rates at 4.9 stars.

◆ February 12, 2016 – Lucile's Creole Cafe

Address: 275 S. Logan St., Denver, CO 80209 (303) 282-6258
RSVP due date: Thursday, February 11, 2016

Menu price range at: \$4.70-\$13.00

After 32 years, Lucile's is still providing the best breakfast that can be found. As a family establishment, Lucile's has always strived to provide a comfortable and unique atmosphere as well as excellent food. The original restaurant in Boulder, Colorado resides in a small Victorian house painted their signature pale yellow. The menu is adorned with a photograph of the owner and his mother Lucile, the restaurant's namesake.

UPCOMING ADULT DAY TRIPS

◆ Oskar Blues Brewery-Longmont:

Saturday, January 23, 2016

Cost: \$8pp for transportation, the tour is free

Registration due date: Thursday, January 21, 2016

Departing at 1:30p Returning at 6:30p, traffic permitting

Location: 303 Main St, Lyons, CO

We will tour the brewery at 3pm and following will be live music at the Tasty Weasel. Lyons Brewpub brews include Dale's Pale Ale, One Nut Brown, HIYA Scotch Ale and Reverend Sandi's Sinful Stout. Contains menu and live entertainment.

◆ Aurora Fox Arts Center:

Sunday, February 14, 2016

Cost: \$24 pp cost includes transportation and Admission, lunch cost on you. The cost is non-refundable, tickets are purchased in advance.
Registration due date: When all purchase tickets have be sold.

Departing @ 11:30 am for lunch at Pinche Tacos.

Location: 1514 York St. Denver, 80206

Location: 9900 E. Colfax Avenue, Aurora CO 80010

NOW SHOWING: *The Arabian Nights*
Show starts at 2:00 pm



King Shahryar marries, and murders, a new bride each night. In danger of being murdered by her tyrannical husband, young Scheherazade devises a clever scheme to prolong her life. Surviving her first and 1000 more nights by spinning a web of captivating tales that always end in a cliffhanger, eventually leading to the softening of the king's heart. This colorful medley of ancient tales, illustrates the redemptive and transformative power of storytelling.

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.