



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

January-February 2017

50+ CLUB **Vision Statement**

To work together towards an enjoyable experience with our fellow peers in an atmosphere of kindness and goodwill. By supporting our educational and knowledgeable guest speakers, it is with mutual understanding and respect that there are no personal platforms and/ or agendas.

FREE Computer Class Workshops

Below is the 2017 schedule of classes.

- February 27—Word Mail Merge
- May 15—Excel Formulas and Functions
- August 21—PowerPoint Basics
- November 20—Excel Pivot Tables

All classes are on Mondays from 6:00p-8:30p
Location: Admin building: 18650 East 45th Avenue , Denver, CO 80249.

To register contact:
La Vetta Murray at 303.307.3243 or email
communityprograms@gvrmetrodistrict.org

*Classes provided by:
Jireh Mobile Computer*

DO YOU NEED A HANDYMAN ?



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

UPCOMING LUNCH BUNCH

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



January 13, 2017 – Tocabe

Address: 8181 Arapahoe Road, Unit-C,
Greenwood Village,

RSVP due date: Wednesday, January 11, 2017

Menu price range: \$8-\$14.50

Tocabe first opened its doors in December 2008. Tocabe is the only American Indian owned and operated restaurant in Metro Denver. The restaurant setting is a clean, warm, open space with connections to American Indian cultural elements, infused with a contemporary atmosphere. Tocabe takes its origin from Grayhorse: An American Indian Eatery, established in downtown Denver in 1989 by the Jacobs family. The Jacobs are tribal members of the Osage Nation. Tocabe uses some of the same recipes from Grayhorse and has expanded on Osage family recipes to create a new and unique take on American Indian cuisine. Tocabe is owned by Matt Chandra and Ben Jacobs.



February 10, 2017 – Buckhorn Exchange

Address: 1000 Osage St, Denver

RSVP due date: Wednesday, February 8, 2017

Menu price range: \$5.00-\$21.00

Denver's original steakhouse, The Buckhorn Exchange is located in the city's oldest neighborhood, just 5-minutes from downtown Denver -- with a light-rail stop right across the street. This National Historic Landmark and Western Museum has been serving the finest in Old West fare since 1893. Serving up prime grade beef steaks, buffalo prime rib, elk, salmon, quail, game hen, and succulent baby-back pork ribs are just some of the marvelous offerings on the Buckhorn menu. Exotic appetizers and a dessert menu that Includes hot Dutch apple pie

UPCOMING ADULT DAY TRIPS



Syntax Physic Opera: Friday, January 20,
2017

**Featuring Josh Trinidad & John Wirtz,
Jazz Artist**

Address: 554 S. Broadway, Denver

Departing: 4:00pm Show time: 5:30pm

Cost: \$5.00 pp

Registration due date: Tuesday, January 17, 2017

After a five-year stint as a talent buyer at the Meadowlark, Jonathan Bitz started what would become a three-year hunt for his own place. In August 2013, he took over the building at 554 South Broadway that most recently housed the Bar (and the Atrium before that) and began transforming the space into Syntax Physic Opera, which opened close to a year later. "Physic Opera is sort of a Latin phrase that the insiders would call a medicine show," he says. "The idea is that it is a medicine show that everything is medicine, from the food to the drinks to the art to the music to the conversation, hopefully." The venue hosts live music most weekends as well as weekly jazz nights, a songwriters' open-mic night and a comedy open mic.



The Bug Theatre: Saturday, February 4,
2017

Address: 3654 Navajo Street, Denver

Departing: 6:00pm Show time: 7:30pm

Cost: \$ 21pp

Registration due date: Monday, January 30, 2017

The Who's Tommy

The Story of the pinball-playing, deaf, dumb and blind boy who triumphs over his adversities has inspired, amazed and puzzled audiences for more than 40 years. The five-time Tony Award-winning musical was translated to the stage by theatrical wizard, Des McAnuff, into a high-energy, one-of-a-kind theatrical event.

"After witnessing the accidental murder of his mother's lover by his father, Tommy is traumatized into catatonia and, as the boy grows, he suffers abuse at the hands of his sadistic relatives and neighbors. As an adolescent, he's discovered to have an uncanny knack for playing pinball and, when his mother finally breaks through his catatonia, he becomes an international pinball superstar."