

Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

January/February/March 2014

Beginning January 2014, this newsletter will be printed quarterly; January, April, July and October.

If you no longer wish to receive this newsletter, please call Dee at 303-307-3242 or email her at dmares@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.



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.

Next Generation Storage – the “Cloud”



April 2011 was the beginning of Cloud storage. Cloud storage is online storage. With online services, consumers can access limitless storage from any Internet connected device. Many vendors offer free storage capacity to the consumer; but buyers beware; the free storage will come with storage limitations. The most popular services are SkyDrive (Microsoft), Google Drive (Google), Dropbox, and iCloud (Apple). You can learn more about Cloud storage by attending the next Computer Class Seminar.

Topic will include SkyDrive (which is Window's version of the “Cloud”). If you don't already have SkyDrive on your laptop, bring it, and we will download the software to it. Windows 8 machines come preloaded with SkyDrive.

On **Saturday, February 8, 2014** from 9:00a-11:30a, the **GVR Metropolitan District** will be hosting a **Free Computer Class Seminar** presented by *Jireh Mobile Computer Training*. To register, contact La Vetta Murray, Program Manager at 303-307-3243. **Don't Miss it!!!** Space is Limited!

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.

Life made easier, everyday!



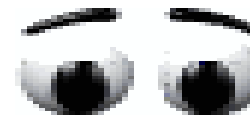
Melon Baller as Jar Scoop

Scoop and strain from a narrow-mouth jar at the same time by using a melon baller.

Works especially well for foods like capers and pimento.

DID YOU KNOW?

The average person's eyes will be closed about 30 minutes a day due to blinking.



UPCOMING LUNCH BUNCH

January 8, 2014-Delectable Egg

RSVP due date: Monday, January 6th

Prices range: \$6.50-\$12

A Denver Breakfast & Lunch Tradition since 1982

Their menu consists of a variety of dishes to suit many tastes

February 12, 2014-Olive Garden

RSVP due date: Monday, February 10th

Prices range: starting at \$6.99

Italian restaurant with a variety of lunch combinations

March 12, 2014-Pepper Pod

RSVP due date: Monday, March 10th

Prices range: \$7-\$25

This is a family owned restaurant and lounge with a variety of entrées on the menu from juicy hamburger to rib-eye steaks. It is located in Hudson, Colorado. This restaurant comes highly recommended.

April 9, 2014-Balistreri Vineyard

RSVP due date: Monday, April 7th

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 type of wines.

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.



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

These are just a few of the
computer classes
that are now offered
through the GVR Metro
District. Call 303-307-3243.
**Senior pricing starting at
\$35.00.**



COMING SOON

- ◆ Have an interesting place you would like to visit? Please let us know... call 303-307-3243.

UPCOMING ADULT DAY TRIPS

Cinema Grill: Saturday, January 25, 2014 Departing time TBD

Cost: \$7 pp (*includes transportation & movie tickets - lunch is on you*)

■ Registration due date: Wednesday, January 22, 2014

(Movie showings won't be available until closer to the date)

The Cinema Grill is a unique dining & entertainment experience, combining current feature films, a wide beverage selection including beer, wine and your favorite cocktails, along with a terrific menu. Featuring a tempting array of freshly prepared appetizers, entrees and delicious desserts. All served at your table by friendly food servers, while you enjoy the show from your comfortable swivel chair!

Coors Brewery Tour: Friday, February 21, 2014 Departing @10a.m.

Cost: \$3 pp ■ Registration due date: Tuesday, February 18th

Your tour takes place in the world's largest single-site brewery. The brewery experience includes a 30-minute self-paced tour highlighting their malting, brewing and packaging processes. Cool off in the "fresh beer room," where visitors can sip a cold sample and rest on ice-cube benches in a refrigerated area.

Shelby Museum: Saturday, March 22, 2014 Departing @10a.m.

Cost: \$8 pp ■ Registration due date: Wednesday, March 19th

The Shelby American Collection represents the rich race heritage of Shelby American and has on display some of the most famous Shelby American cars ever built. This is made possible through the generosity of many Shelby owners and collectors. The museum is also host to displays of period correct automobile, tools, and tributes to the greats!

Banjo Billy Bus Tour: Friday, April 25, 2014 Departing @10a.m.

Cost: \$23 pp ■ Registration due date: Friday, April 18th

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.



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

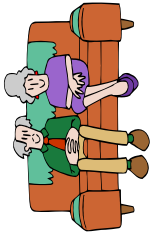
Painters:

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

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

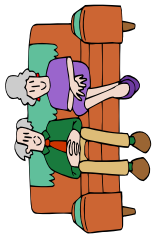
Jan 2014

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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 The District & HOA offices will be CLOSED for New Years	2	3	4 FIFTY PLUS CLUB - 9 am @ GVR Golf Club (4900 Himalaya)
5	Large item pickup week. Please call 3-1-1 or 720-913-1311 for your collection day	7	8 Get Off Your Buns Lunch Bunch- Delectable Egg-delectable @ 11:30 a.m. Ad Bldg	9	10	11 Computer Class: Basic Computer Essentials 9a-1p @ Ad Bldg
12	13	14	15			18 Computer Class: Windows 7/8 Essentials 9a-1p @ Ad Bldg
19	20	21	22	23	24	25 Get Off Your Buns day trip: Cinema Grill-departing TBD @ Ad Bldg
26	27	28	29	30	31	

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



Get Off Your Buns

Feb
2014

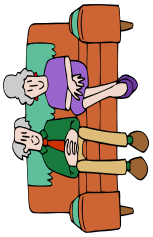
A Green Valley Ranch
program enhancing and
promoting active lives

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

Sun	Mon	Tue	Wed	Thu	Eri	Sat
						1 FIFTY PLUS CLUB - 9 am @ GVR Golf Club (4900 Himalaya)
2		4	5	6	7	8 FREE Computer <i>Class Seminar:</i> Cloud Computing (SkyDrive) 9a-11:30a @ Ad Bldg
9	10	11 Computer Class: Word 2010 Basics 6p- 8p @ Ad Bldg	12 Get Off Your Buns Lunch Bunch-Olive Garden-departs @ 11:30 a.m. Ad Bldg	13 Computer Class: Word 2010 Basics 6p- 8p @ Ad Bldg	14	15 Computer Class: Basic Computer Essentials 9a-1p pm @ Ad Bldg
16	17 The District & HOA offices will be CLOSED for President's Day	18	19	20	21 Get Off Your Buns day trip: Coors Brewery- departing 10 am @ Ad Bldg	22 Computer Class: Word 2010-Creating a Simple Report 9a -1p@ Ad Bldg
23	24 Computer Class: Word 2010- Create a Biz Letter 6p- 8p @ Ad Bldg	25 Computer Class: Word 2010-Create a Biz Letter 6p-8p @ Ad Bldg	26	27	28	

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

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





Get Off Your Buns

March 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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						7 FIFTY PLUS CLUB - 9 am @ GVR Golf Club (4900 Himalaya)
		4 Computer Class: Excel 2010 Basics 6p-8p @ Ad Bldg	5	6	7	8 Computer Class: Basic Computer Essentials 9a-1p @ Ad Bldg
2	3 Computer Class: Excel 2010 Basics 6p-8p @ Ad Bldg	4 Computer Class: Excel 2010 Basics 6p-8p @ Ad Bldg	5	6	7	8 Computer Class: Basic Computer Essentials 9a-1p @ Ad Bldg
9 Daylight Savings Time starts  Don't forget to set your clocks ahead one hour!	10 Large item pickup week. Please call 3-1-1 or 720-913-1311 for your collection day	11 Computer Class: Excel 2010-Worksheets 6-8pm @ Ad Bldg	12 Get Off Your Buns Lunch Bunch-Pepper Pod-departs 11:30 a.m. @ Ad Bldg	13 Computer Class: Excel 2010-Worksheets 6-8pm @ Ad Bldg	14	15 Computer Class: Excel 2010 - Formulas & Functions 9a-1p @ Ad Bldg
16	17 St. Patrick's Day 	18	19	20	21	22 Get Off Your Buns day trip: Shelby Museum-departing 10 am @ Ad Bldg Computer Class: Windows 7/8 Essentials 9a-1p @ Ad Bldg
23	24	25	26	27	28	29
30	31					

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

Keep an eye on this website

www.gvrmetrodistrict.com/GetOffYourBuns

Lunch Bunch



Come out and join us for a nice social group time and a great lunch to a new and exciting restaurant each month.

When: Second Wednesday of each month.

Departing time: 11:30 am from the Metro District office located at 18650 E. 45th Avenue, Denver, 80249

Transportation cost: \$3pp.

Lunch cost is on you.

Restaurant prices vary so call for information.

Please call to RSVP by the

Monday prior to the lunch schedule date.

Day Trips

The GVR Metro District offers monthly trips to a number of places such as museums, factory tours, casinos, shows and much, much, more.

DON'T MISS OUT ON THE FUN!

GVR Adult Book Club



When: Third Monday of each month starting in 2014

Time: 11:00 am

Place: GVR Library @ 4856 N. Andes Ct., Denver

Services

HANDYMAN

If you are in need of some work done around the house, we have volunteers and paid handymen available.

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.