



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

January-February-March 2015

50+ Club

Are you 50 years and over? Then how about joining the far northeast 50+ Club? Meeting 1st Saturday of every month for breakfast, with guest speakers chatting about interesting topics, plus exciting activities.

Place: GVR Golf Club (4900 Himalaya)

Time: 9:00 a.m.

Cost: \$13.25 per person for breakfast

Recipe Roundup

Healthy Recipes for Everyone

Red Pepper and Avocado Salad

Preparation time: 10 min **Servings:** 6
Cooking time: 0 min

Ingredients:

3/4 lb packaged salad
1 tbsp parsley, chopped
1/2 cup light Italian dressing
1 cup cheese & garlic croutons
2 avocados, halved, pitted, peeled and thinly sliced
1/8 tsp salt (optional)
3 red bell peppers, seeded and cut into thin strips

Cooking Directions:

Combine first 5 ingredients and pepper to taste in a bowl. Pour dressing over salad and toss with croutons.

Nutritionist Recommended For:
Low Cholesterol



Nutrition Facts

Calories 200
% Calories From Fat 63%

Total Fat 14g
Saturated Fats 2.2g
Mono-unsaturated Fats 6.3g
Poly-unsaturated Fats 3.7g

Cholesterol 0.5mg

Sodium 470mg

Total Carbohydrates 17g
Dietary Fiber 6.3g
Sugar 6.2g

Protein 3.2g

Life made easier,
everyday!



Bundt Pan as Vertical Roaster

For a juicy bird that's crispy all the way around, first layer potatoes, carrots, and onions on the bottom of the pan. Then season the chicken and place in the pan with the cavity over the center hole. Set the dish on a cookie sheet to collect any drippings and roast as usual

DID YOU KNOW?



Those stars and colors you see when you rub your eyes are called phosphenes.



Internet Safety

By Wanda Woods, Computer Instructor, GVR Metropolitan District

Many of us know that when you are on a financial or ordering site, web addresses begin, and should begin with 'https'. For example <https://www.wellsfargo.com>. The 'https' stands for Hyper Text Transfer Protocol Secure. When the address begins with 'https', the information you send to it is encrypted and will look like 'goobly gop' if captured by cybercriminals.

On **Saturday, February 21** from 9:00a-11:30a, there will be a **FREE** Computer Class Seminar on **Internet Safety**. Topics will include introduction to internet safety; protecting your computer from internet threats; staying safe while browsing, plus much more. Come out on that morning, we'll only keep you for two hours.

Any of our classes are opened to everyone whether you are a resident or non-resident of Green Valley. The cost is the same for all classes. We offer a variety of classes to include Basic Essentials, Word, Excel and PowerPoint. Each class is \$45, and 4 hours in length. There is special pricing for seniors who are 55+ (\$35). If you sign up for more than one class at the same time, the cost is \$35/class. Classes are taught either during the week from 6:00p – 8:00p or on Saturdays from 9:00a – 1:00p. If you or someone you know has been thinking of taking computer classes, now is the time!!!

For more information regarding classes, visit www.gvrmetrodistrict.com, and click on the link on the right of the page for schedule and times. To register, contact La Vetta Murray at 303-307-3243. Can't wait to meet you there...sign up TODAY!!!

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.

COMING SOON:

- ◆ GVR Annual Car Fest - June 6, 2015 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?



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

GROCERY SHOPPING TRIPS

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

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
Exterior Solutions, 303-424-4784
Stellar Painting, 720-981-7827

Roofing Contractors:

Alpha Roofing, 303-396-7287
Alpine Roofing, 303-295-7769
Assurance Roofing Co., 720-8367-1630
Leak Arresters, 303 800-0736
Western Roofing, 303-279-4141

***Resource list from GVR HOA website!**



Get Off Your Buns

Jan 2015

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*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>				<p>1 The District & HOA offices will be CLOSED for New Year's</p>	<p>2</p>	<p>3 FIFTY PLUS CLUB - 9 am @ GVR Golf Club (4900 Himalaya)</p>
<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10 <i>Computer Class: Basic Computer Essentials 9-1pm @ Ad Bldg</i></p>
<p>11</p>	<p>12</p>	<p>13</p>	<p>14 Get Off Your Buns Lunch Bunch-Rio Grande-departs @ 11:30 a.m. Ad Bldg</p>	<p>15</p>	<p>16</p>	<p>17 <i>Computer Class: Window 8 Essentials 9-1pm @ Ad Bldg</i></p>
<p>18</p>	<p>19 Large item pickup week. Please call 3-1-1 or 720-913-1311 for your collection day.</p>		<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29 Get Off Your Buns day trip: Dry Dock Brewery-Tour & Tasting-departing @ 12:45pm Ad Bldg</p>	<p>30</p>	<p>31</p>

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



Get Off Your Buns

Feb
2015

A Green Valley Ranch program enhancing and promoting active lives

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 FIFTY PLUS CLUB - 9 am @ GVR Golf Club (4900 Himalaya)
<p>Keep an eye on this website www.gvrmetrodistrict.com/GetOffYourBuns</p>						
8	9	10	11 Get Off Your Buns Lunch Bunch-The Wok Uptown-departs @ 11:30 a.m. Ad	12	13	14 <i>Computer Class: Basic Computer Essentials 9-1pm @ Ad Bldg</i>
	<p><i>Computer Class: Word 2010 Basics 6-8pm @ Ad Bldg</i></p> <p>←—————→</p>					
15	16 <i>The District & HOA offices will be CLOSED for President's Day</i>	17	18	19	20	21 FREE Computer Seminar-Internet Safety 9-11:30am @ Ad Bldg Get Off Your Buns day trip: Museum of Contemporary Art Denver-departing @ 12:00pm Ad Bldg
22	23	24	25	26	27	28 <i>Computer Class: Word 2010-Creating a Simple Report 9-1pm @ Ad Bldg</i>
	<p><i>Computer Class: Word 2010-Creating a Biz Letter 6-8pm @ Ad Bldg</i></p> <p>←—————→</p>					

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Get Off Your Buns

March
2015

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 Large item pickup week. Please call 3-1-1 or 720-913-1311 for your collection day.	2 Computer Class: Excel 2010 Basics 6-8pm @ Ad Bldg	3	4	5	6	7 FIFTY PLUS CLUB - 9 am @ GVR Golf Club (4900 Himalaya) Computer Class: Basic Computer Essentials 9-1pm @ Ad Bldg
8 Daylight Savings Time starts  Don't forget to set your clocks ahead one hour!	9	10	11 Get Off Your Buns Lunch Bunch-Five Star Burgers-departs @ 11:30 a.m. Ad Bldg	12	13	14 Computer Class: Excel-Working with Formulas & Functions 9-1pm @ Ad Bldg
15	16 Computer Class: Excel 2010-Editing, Viewing & Printing Worksheets 6-8pm @ Ad Bldg	17	18	19	20	21 Computer Class: Windows 8 Essentials 9-1pm @ Ad Bldg
22	23 Get Off Your Buns day trip: Voodoo Comedy Playhouse Denver-departing @ 5:00pm Ad Bldg	24	25	26	27	28
29	30	Keep an eye on this website www.gvrmetrodistrict.com/GetOffYourBuns				

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

January 14, 2015 – Rio Grande (1525 Blake St. Denver)

*RSVP due date: Monday, January 12, 2015 Menu price ranch at: \$7.95-\$14.00

The Rio was built on the simple promise of providing that little bit of sanctuary – any time you need it. It all began in 1986, when the town of Fort Collins was hungry for some delicious Mexican food and really thirsty for a decent margarita. Three guys from the Texas Gulf Coast heard them loud and clear, and started serving up something special. And that tradition continues today with wholesome food and a workplace to match, is the best way to ensure happy and satisfied customers. And sharing the flavors they've experienced along the way is always the start of a good thing. So cheers. Enjoy the benefits of their many adventures in Mexico.

February 11, 2015 – The Wok Uptown (1789 Ogden St., Denver)

*RSVP due date: Monday, February 9, 2015 Menu price ranch at: \$8.95-\$12.99

Wok Uptown is owned and operated by the Xiao family and has been a local favorite in the Uptown Denver area! The Xiao family prides itself on using the freshest ingredients in their great Asian dishes. It is important to them that their customers know that they never use MSG, and that no food leaves their kitchen, without making sure it is perfect for you. Over 80 different delicious lunch entrées to choose from. All entrees come with egg fried rice and an egg roll.

March 11, 2015 – Five Star Burgers (2330 E. Arapahoe Rd., Centennial)

*RSVP due date: Monday, March 9, 2015 Menu prices starting at: \$8.95-\$13.00

The name says it all. Five Star buys its fresh, hormone and antibiotic free Angus Beef from Harris Ranch, fresh grinds daily and char grills to desired doneness. Offering their signature burgers plus plenty of toppings to make your own special burger.

UPCOMING ADULT DAY TRIPS

Dry Dock Brewing Company's North Dock: Thursday, January 29, 2015

departing @ 12:45pm returning @ 3:00pm Cost: \$2.00 for transportation. Pizza is on you.

Registration due date: Monday, January 26, 2015

North Dock is Dry Dock's production facility, located in north Aurora, CO. At this location, brewing and packaging operations take place within their 30,000 square foot building. The brew house is a 40 barrel, 4 vessel, computer operated system. Beer from this location is packaged into cans, kegs and bottles for distribution. In September of 2014, they opened the Canoe Room, a four-tap tasting room inside the facility. The tasting room, which in addition to draft beer serves Dry Dock's canned offerings.

Museum of Contemporary Art Denver (Mark Mothersbaugh: Myopia): Saturday, Feb. 21, 2015 departing @ 12:00 pm returning @ 3:00 pm Cost: \$12 pp includes transportation and admission.

Registration due date: Tuesday, February 17, 2015

The exhibition includes documentation and music from his DEVO days; prints; drawings; paintings; sculptures; rugs and video animations; performance; newly produced musical and sculptural installations; and most notably a life-long series of postcard-size works, which will be exhibited in its entirety for the first time at MCA Denver. Don't miss this special exhibition in its kickoff city!

Voodoo Comedy Playhouse Denver (Drop-In improve class with Steve Wilder): Monday, March 23, 2015 departing @ 5:00pm Returning @ 8:30pm Cost: \$8 pp includes transportation and admission

Registration due date: Wednesday, March 18, 2015

The Voodoo Comedy Playhouse is Denver's newest and most exciting comedy venue, offering a fun and spontaneous comedy experience. Located in the heart of LoDo (Lower Downtown), the Voodoo is the place to enjoy a wide variety of intriguing, original comedy; a well-stocked bar; and a unique, affordable night out that you and your friends won't soon forget. Whether you're an absolute beginner or a seasoned pro, Voodoo owner Steve Wilder will help you shine!