



# Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

## July-August-September 2014

### **POSSIBLE 50+ CLUB LOCATION CHANGE???**

*By La Vetta Murray, Community Programs Manager*

Due to the GVR Golf Club not being able to accommodate us for June's meeting, The Club at Fairways Villa, graciously let us hold our meeting there! We are back to the Golf Club for the July 5th meeting.

Are you interested in staying at the Golf Club or do you have other location options?

Please share your ideas by either calling me at 720-641-4801 or email me at [communityprograms@gvrmetrodistrict.com](mailto:communityprograms@gvrmetrodistrict.com).



## Five Points Jazz on Film - Adult Trip

By Karen Jordan, GVR Metro District Account

Well, it was May 15<sup>th</sup>, 2014 at 4:00 p.m. Excitement was in the air!!! The twelve of us and our wonderful driver, La Vetta , were on our way to McNichols Civic Center Building for the “Five Points Jazz on Film” event. Every year “Five Points” has a jazz festival and do a “sneak preview” on the Thursday before.

We boarded the GVR Metro District bus and were off!! The ride to the event itself was wonderful. There was much talk, remembering other events, catching up with people you hadn’t seen since the last event and much, much, much laughter!!!

Most of the group was dropped off in front of the building, while La Vetta and I went to find a parking space for our 15 passenger bus in downtown Denver. (smile) We were fortunate enough to find a space not five minutes from McNichols Civic Center Building. (Whew, that was a relief!!)

The event was absolutely wonderful!! You entered and found a small buffet and free drinks!! (There was wine and non-alcoholic beverages as well). You could sit at café tables or you could go to the area where they were going to show the film. This was a nice cozy area with chairs and little sofas you could sit on. Most of the group sat on the chairs but La Vetta and I sat right down in front on a cute little sofa so we could have front row seats. Before viewing the film, we got to listen to the Tom Tilton Jazz Ensemble. If you like jazz, they were awesome!! They then acknowledged two Denver musicians who were long-time jazz players. To end the event, they showed a film called “The Bird” which was about saxophonist Charlie Parker. It was a moving film showing the greatness of his talent but the weakness caused by his drug addiction. The movie was still playing at 8:00 pm, which was our scheduled leaving time, so we didn’t get to see the very end of the film (The Community Program Director will always get you back on time-laugh, laugh) so I thought I would go on-line to see how it ended. Unfortunately, Charlie Parker died at the young age of 34 due to the drugs he was addicted to. The film was wonderful and our total experience was very enjoyable.

Now, back on the bus we go!!! Talking about what a wonderful time we had, there will be more events like this one, when we’re all going again!!! Much, much laughter and just a great time together. If you haven’t gone on an event, I urge you to try one. IT WAS GREAT!!!!

Life made easier,  
everyday!



### Straw As Ketchup Unclogger

Insert a straw until it reaches the bottom of the bottle. Shake the bottle, then pour leaving the straw inside. The airflow provided by the straw breaks the condiment- stopping the vacuum.

DID YOU KNOW?



Do you know the names of  
the three wise monkeys?

They are:

Mizaru (See no evil),  
Mikazaru (Hear no evil),  
Mazaru (Speak no evil).



# OneDrive and Windows 8.1

By Wanda Woods, Computer Instructor, GVR Metropolitan District

**OneDrive** (formerly SkyDrive) is the online backup and data storage software by Microsoft. The OneDrive app can be installed on mobile devices including your phone or tablet. Although, you don't need the app to use OneDrive, you can access it directly from the Internet anywhere in the world. All you need is a Microsoft account. If you don't have one, you can set one up at [www.onedrive.com](http://www.onedrive.com). *If you have a Windows 8 computer, the OneDrive app is already installed.*

**Green Valley Ranch Metropolitan District** has been offering **Free** Computer Class Seminars on OneDrive, but soon it will be over. Our last seminar on this topic will be held **Saturday, August 9**. Class time is 9:00a – 11:30a. Don't miss out. Sign up early so that you are guaranteed a seat. *Seating is limited.* Registration for the seminar will begin **Monday, July 7, 2014**. Bring your laptop, and we can download the app to your computer if you like!

**WINDOWS 8.1** is coming soon! On **Saturday, September 13**, classes will begin. Class time is 9:00a – 1:00p. Windows 8.1 is the upgrade version of Windows 8. If you have a Windows 8 PC, you can upgrade to 8.1 for free. To upgrade your PC go to <http://windows.microsoft.com/en-us/windows-8/update-from-windows-8-tutorial> and it will have step-by-step instructions on how to install. Cost of class is \$45 (senior discount available – age 55+)

Bring your laptop to class for the Windows 8.1 class; even if your computer doesn't have Windows 8. In Windows 8 you can still navigate to the Desktop, where we will be teaching file management to include how to use folders (create, move, rename, etc). If you don't have a laptop, and you still want to learn, I'm sure someone will let you look on with them.

Visit [www.gvrmetrodistrict.com](http://www.gvrmetrodistrict.com) for schedule and times of other classes that are available. Contact LaVetta Murray, 303-307-3243 to register. Classes will fill quickly, so don't miss out! *Hope to meet you there!*

**If you no longer wish to receive this newsletter, please call Dee at 303-307-3242 or email her at [dmares@gvrmetrodistrict.com](mailto:dmares@gvrmetrodistrict.com) with your address.**

**We post the newsletter on our website at [www.gvrmetrodistrict.com/GetOffYourBuns](http://www.gvrmetrodistrict.com/GetOffYourBuns) quarterly, as well as email it to anyone who prefers to receive it electronically.**

# COMING SOON

GVR Annual Trunk or Treat - date and time to be determined

## **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?**



## **Are you a Handyman? Want to volunteer?**

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

## **\*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.

## **\*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  
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

July  
2014

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Oakwood Homes Concert Series</b> at the GVR Amphitheater: 4890 Argonne Way: Concerts are subject to rescheduling in the event of rain. For more info call Skyline at 303-595-8747 or online at <a href="http://www.skylineusa.com/oakwood_concert_series.asp">www.skylineusa.com/oakwood_concert_series.asp</a>.</p>				3	4 <i>The District &amp; HOA offices will be <b>CLOSED</b> for Independence Day</i> Concert Series: Chase'N The Dream (fireworks show) 8-9:30 pm	5 <b>FIFTY PLUS CLUB - 9 am @ TBD</b>
6	7	8	9 <b>Get Off Your Buns Lunch Bunch-Biker Jim's-departs 11:30 a.m. @ Ad Bldg</b> Concert Series: MOOD EXPRESS 7-8:30 pm	10	11	12 Computer Class: Basic Computer Essentials 9am-1pm @ Ad Bldg
13		15 CAB Quarterly Community mtg - Evie Dennis Campus @ 6 pm-8 pm	16 Concert Series: PULSE 7-8:30 pm	17	18	19 <b>Get Off Your Buns day trip: Southwest Plaza Farmer's Market-departing 9 am</b>
20	21	22	23 Concert Series: WALKER WILLIAMS BAND 7-8:30 pm	24	25	26
27	28	29	30 Concert Series: PHAT DADDY BAND 7-8:30 pm	31	<p>Keep an eye on this website <a href="http://www.gvrmetrodistrict.com/GetOffYourBuns">www.gvrmetrodistrict.com/GetOffYourBuns</a></p>	

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



# Get Off Your Buns

Aug  
2014

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 FIFTY PLUS CLUB - 9 am @ TBD
3	4	5	6	7	8	9 FREE Computer Class Seminar: Cloud Computing (SkyDrive) 9-11:30am @ Ad Bldg GVR Days from 10:00am-4:00pm Rec Center parking lot
10	11 Computer Class: Word 2010 Basics 6-8pm @ Ad Bldg	12 Computer Class: Word 2010 Basics 6-8pm @ Ad Bldg	13 Get Off Your Buns Lunch Bunch-El Taco de Mexico-departs 11:30 a.m. @ Ad Bldg	14	15	16 Computer Class: Word 2010- Creating a Simple Report 9am-1pm @ Ad Bldg
17	18 Computer Class: Word 2010-Create a Biz Letter 6-8pm @ Ad Bldg	19 Computer Class: Word 2010-Create a Biz Letter 6-8pm @ Ad Bldg	20	21	22	23 Get Off Your Buns day trip: Belmar's Music on the Plaza-departing 1 pm @ Ad Bldg
24	25	26	27	28	29	30
31						

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# Get Off Your Buns

Sept  
2014

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 <i>The District &amp; HOA offices will be <b>CLOSED</b> for Labor Day</i>	2	3	4	5	6 <b>FIFTY PLUS CLUB - 9 am @ TBD</b> Computer Class: Basic Computer Essentials 9am-1pm @ Ad Bldg
7	8 Computer Class: Excel 2010 Basics 6-8pm @ Ad Bldg	9 Computer Class: Excel 2010 Basics 6-8pm @ Ad Bldg	10 <b>Get Off Your Buns Lunch Bunch-Yard House Grill-departs 11:30 a.m. @ Ad Bldg</b>	11	12	13 Computer Class: Windows 8.1 9am-1pm @ Ad Bldg
14 <b>Get Off Your Buns day trip: Mount Vernon Country Club-departing 9 am @ Ad Bldg</b>	15 <i>Large item pickup week. Please call 3-1-1 or 720-913-1311 for your collection day</i>	16 Computer Class: Excel 2010-Editing, Viewing, & Printing Worksheets 6-8pm @ Ad Bldg	17	18 Computer Class: Excel 2010-Editing, Viewing, & Printing Worksheets 6-8pm @ Ad Bldg	19	20 Computer Class: Excel 2010-Working with Formulas & Functions 9am-1pm @ Ad Bldg
21	22	23	24	25	26	27
28	29	30	<p>Keep an eye on this website  <a href="http://www.gvrmetrodistrict.com/GetOffYourBuns">www.gvrmetrodistrict.com/GetOffYourBuns</a></p>			

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

### **July 9, 2014 – Biker Jim's**

**RSVP due date: Monday, July 7, 2014** *Menu prices starting at: \$6.50*

Biker Jim serves up a variety of gourmet dogs grilled to perfection. Offering hot dogs with a wide variety of meat to choose from, such as antelope, veal, duck, boar, rattlesnake, reindeer, buffalo, elk and pheasant.

### **August 13, 2014 – El Taco de Mexico**

**RSVP due date: Monday, August 11, 2014** *Menu price range: TBD*

This family owned restaurant opened in Denver, Colorado in 1985 looking forward to serving you the most Authentic Mexican food in the area. The flavors come from Mexico City with a rich culinary history. They have all the typical Mexican fare you have come to expect from a Mexican restaurant Enchiladas, Chile Rellenos, Tacos, Burritos, Tamales and the not so typical Gorditas, Synchronizadas, Chilaquiles & Sopas. They offer indoor dining and a nice patio with many prominent Mexican artists' work as decoration.

### **September 10, 2014 – Yard House Grill**

**RSVP due date: Monday, September 8, 2014** *Menu price range: \$3.95-\$16.95*

The Yard House grill offers a large menu of choices to satisfy any of your taste bud cravings. Also, new items join the lineup to the official Yard House 2014 draft menu.

## **UPCOMING ADULT DAY TRIPS**

### **Southwest Plaza Farmer's Market:** Saturday, July 19, 2014

Departing 9:00am Returning 2:00pm

Cost: \$4 pp cost includes transportation entry is free

*Registration due date: Thursday, July 17, 2014*

Metro Denver Farmers Market is the oldest farmers market in the Denver area. They have been in business for 37 years. Many of their farmers are from generations of Colorado farming families, locally grown in all ways! This farmers market is known for its great food and large variety of vendors offering a good mix of vegetable/fruits baked goods, crafts, homemade items, clothing and free trade and much, much more.

### **Belmar's Music on the Plaza:** Saturday, August 23, 2014

Departing @ 1:00 pm Returning @ 5:00pm

Cost: \$4 pp cost includes transportation entry is free

*Registration due date: Wednesday, August 20, 2014*

Friends and family, come and enjoy delicious food, drinks, patio seating, live music, summer and Colorado air...can you think of anything better than that? Didn't think so. This summer at Belmar, all are welcome to enjoy. Dinner can be enjoyed at one of the many Belmar restaurant patios or brought to the plaza from one of Belmar's surrounding restaurants. An afternoon out with music and dinner has never been so easy!

### **Mount Vernon Country Club:** Sunday, September 14, 2014

Departing @ 9:00am Returning @ 2:00 pm

Cost: \$ 23pp cost includes transportation and breakfast

*Registration due date: Wednesday, September 10, 2014*

Mount Vernon's famous Sunday Brunch buffet items include a made to order omelet station, fresh Belgian Waffles, Eggs Benedict, roast beef, honey cured ham, maple sausage and bacon. Seasonal fruits and salads along with an elaborate dessert display. MVCC offers daily specials in addition to our regular menu! Don't forget healthy alternatives, including gluten free and vegetarian are available upon request!