



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

July-August-September 2015

LUNCH BUNCH MOVES TO FRIDAYS

Starting July 10, 2015 the monthly lunch trips move to the second (2nd) Friday of each month.

Same departure time, 11:30am from the Admin building located at 18650 E. 45th Avenue.

Recipe Roundup

Healthy Recipes for Everyone

Sweet Potato Sausage Puffs

Preparation time: 10 min **Servings:** 8
Cooking time: 30 min

Ingredients:

3 cups cooked sweet potatoes
2 tbsp unsalted butter, melted
1/4 tsp ground nutmeg
1 cup crushed pineapple, drained
1 lb pork sausage
1 egg
1/4 cup brown sugar

Cooking Directions:

Preheat oven to 375°F. Heat a heavy nonstick skillet over medium high heat. Cook sausage 4-5 minutes until browned, stirring frequently to break up meat. Discard drippings. Combine remaining ingredients, and salt and pepper to taste, in a bowl. Beat with an electric mixer until fluffy. Stir in sausage. Drop in mounds on a greased baking sheet. **Bake** 25 minutes.



Nutrition Facts

Calories 360
% Calories From Fat 50%

Total Fat 20g
Saturated Fats 7.6g
Mono-unsaturated Fats 7.9g
Poly-unsaturated Fats 2.2g

Cholesterol 67mg

Sodium 740mg

Total Carbohydrates 33g
Dietary Fiber 3.5g
Sugar 16g

Protein 14g

Life made easier,
everyday!



A pot and saucer make a great patio table and you can store items inside!

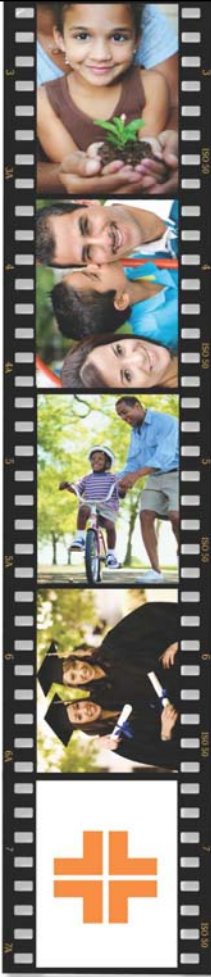
DID YOU KNOW?



Tomato Ketchup was once used as medicine in the United States. Was sold as "Dr. Miles

Compound Extract of Tomato “.

Healthy Hints from Concentra



A focus on managing your High Blood Pressure

High blood pressure affects one out of three Americans, and 24% meet the criteria for hypertension which is defined as a blood pressure greater than or equal to 140/90 (read as "140 over 90") or 135/85 in persons with diabetes. The exact cause of high blood pressure is unknown. Some people are at risk for high blood pressure due to race or genetic factors.

High blood pressure increases your risk of heart disease, stroke, and kidney disease.

You can make several lifestyle changes to lower your blood pressure:

- Stop smoking
- Lose weight (even 10 pounds can make a big difference!)
- Increase physical activity to at least 30 minutes 5 days per week
- Practice relaxation and other stress management techniques
- Modify your diet:
 - Reduce salt intake to less than 1.5 grams per day
 - Limit alcohol intake to no more than 2/day for men; 1/day for women
 - Increase intake of fruits and vegetables; reduce processed foods
 - Limit meat, poultry, and fish to two 3-ounce servings per day
 - Substitute fat-free or low-fat milk products

Additional ways to treat high blood pressure include:

- Prescription medication – the most common types are:
 - Water pills ("diuretics") that help your body get rid of excess water and salt
 - Beta-blockers that cause your heart to beat more slowly and relax your blood vessels
 - ACE inhibitors
 - Calcium channel blockers
- Monitor your blood pressure at home and record the results; provide this log to your physician who can assess the severity of your high blood pressure and determine need for medication as indicated
- Visit your physician regularly so your medication can be monitored, adjusted, and checked for side-effects

Concentra⁺
totalcare
We're here. For you.
Concentra.com

For more information about managing your high blood pressure, contact your health care provider, your Concentra health specialist, or you can visit the American Heart Association's Web site at:
www.americanheart.org



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06/08 BP061008

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.

COMING SOON:

- ◆ Trunk or Treat in October (Date: TBD)

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!**



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July
2015

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 1px solid black; padding: 5px;"> <p>Oakwood Homes Concert Series at the GVR Amphitheater: 4890 Argonne Way: Concerts are subject to rescheduling in the event of rain. For more info call Oakwood Homes: 303-486-8500</p> </div>		1	1	2	<p>3 The District & HOA offices will be CLOSED for Independence Day</p>	<p>4 FIFTY PLUS CLUB @ 9 am Denny's (16751 E. 32 Ave., Flying J Plaza) Concert Series: Ron Ivory & The Miles Apart Band (fireworks show) @ 8-9:30 pm</p>
5 Large item pickup week. Please call 3-1-1 or 720-913-1311 for your collection day.	6	7	8 Concert Series: Moses Jones presents Mr. J and the Smooth Expressions @ 7-8:30 pm	9	10 Get Off Your Buns Lunch Bunch-Jus Cookin -departs @ 11:30 a.m. Ad Bldg	11
12	13	14	15 Concert Series: Soul School @ 7-8:30 pm	16	17	18
19	20	21	22 Concert Series: Onda @ 7-8:30 pm	23	24	25
26	27 Get Off Your Buns day trip: Monarch Casino departing @ 11:00am Ad Bldg	28	29 Concert Series: Chase n' the Dream @ 7-8:30 pm	30	31	

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

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

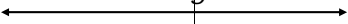



Get Off Your Buns

Aug 2015

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1 FIFTY PLUS CLUB @ 9 am Denny's (16751 E. 32 Ave., Flying J Plaza)</i> <i>FREE Computer Class Seminar-Internet Safety @9:00-11:30pm Ad Bldg</i>
2	3	4	5	6	7	8
9	10 <i>Computer Class: Word 2010 Basics @ 6-8pm Ad Bldg</i> 	11	12	13	14 Get Off Your Buns Lunch Bunch- Cheddar's Casual Cafe- departs @ 11:30 a.m. Ad Bldg	15 <i>Computer Class: Basic Computer Essentials @ 9- 1pm Ad Bldg</i>
16	17 <i>Large item pickup week. Please call 3-1-1 or 720-913-1311 for your collection day.</i>	18	19	20	22	22 <i>Computer Class: Windows 8 Essentials @ 9-1pm Ad Bldg</i>
23	24 <i>Computer Class: Word 2010- Create a Biz Letter @ 6-8pm Ad Bldg</i> 	25	26	27	28 Get Off Your Buns day trip: Denargo Farm & Truck-departing @ 10:00am Ad Bldg	29
30	31					

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Get Off Your Buns

Sept 2015

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 FIFTY PLUS CLUB @ 9 am <i>Denny's (16751 E. 32 Ave., Flying J Plaza)</i>
6	7 <i>The District & HOA offices will be CLOSED for Labor Day</i>	8	9	10	11 Get Off Your Buns Lunch Bunch-Brad's Pit BBQ-departs @ 11:30 a.m. Ad Bldg	12 <i>Computer Class: Basic Computer Essentials @ 9-1pm Ad Bldg</i>
13 Get Off Your Buns day trip: Mount Vernon Country Club brunch - departing @ 10:00am Ad Bldg	14 <i>Computer Class: Excel 2010 Basics @ 6-8pm Ad Bldg</i> ←—————→	15	16	17	18	19 <i>Computer Class: Windows 8 Essentials @ 9-1pm Ad Bldg</i>
20	21 <i>Computer Class: Excel 2010-Editing, Viewing & Printing Worksheets @ 6-8pm Ad Bldg</i> ←—————→	22	23	24	25	26
27 <i>Large item pickup week. Please call 3-1-1 or 720-913-1311 for your collection day.</i>	28	29	30	Keep an eye on this website www.gvrmetrodistrict.com/GetOffYourBuns		

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UPCOMING LUNCH BUNCH

(departs the 2nd Friday of every month from the admin bldg at 11:30 am)

July 10, 2015 – Jus Cookin (840 Tabor St, Lakewood, CO) *RSVP due date: Thursday, July 9, 2015*

They opened Jus Cookin in 1988 based on three premises—good food, good service, and good prices. They believe it's earned them a reputation as one of the best family-owned and operated home cooking restaurants in Colorado.

Menu price ranch at: \$4.29-\$14.95

August 14, 2015 – Cheddar's Casual Cafe (10520 Grant St Thornton, CO) *RSVP due date: Thursday, August 13, 2015*

Founders; Audrey Good and Doug Rogers envisions an inviting neighborhood restaurant, offering handmade, high quality food at a reasonable price. They wanted their guest to feel valued and respected..

Menu price ranch at: \$8.95-\$12.99

Sept 11, 2015 – Brad's Pit Barbeque (12257 S Wadsworth Blvd, Littleton) *RSVP due date: Thursday, Sept 10, 2015*

Brad's Pit Barbeque smokes traditional Texas style Brisket, Pork, Ribs and Chicken to a tenderness that melts in the mouth. The meats are slow cooked to allow for premium smoke and savory tastes. They also offer some of the best baked, smoked beans money can buy, along with other available side dishes.

Menu prices starting at: \$8.00-\$21.99

UPCOMING ADULT DAY TRIPS

Monarch Casino: Monday, July 27, 2015 Departing @ 11:00 am Returning @ 6:00 pm

Cost: \$7 pp cost includes transportation half price buffet for senior 50+ with a player's card.

Registration due date: Thursday, July 23, 2015

A spectacular new fireplace foyer welcomes you. Experience the fun at the new Stage Bar with more gaming and exciting progressive jackpots. Immerse yourself in the giant high-definition video wall with multiple TV viewing. Whether it be watching your favorite sports teams or rocking out to live entertainment, make it Monarch Casino today! They're bringing the ultimate in hospitality to Black Hawk. Gaming offers also available with your free player's card. Just present you photo ID at customer service to receive your card and begin reaping the benefits.

Denargo Farm & Truck: Friday, August 28, 2015 Departing @ 10:00 am Returning @ 2:00pm

Cost: \$3.00 for transportation, admission is free.

Registration due date: Thursday, August 27, 2015

Come out and enjoy a truck load of great food at the Food truck park. Denargo Farm & Truck is Denver's newest food truck park that feature farm fresh and ethnic and authentic local eats from various carts, trucks and trailers. Denargo is making lunch quick, unique and affordable. Offering easy parking, music and a great way of switching up your lunch routine.

Mount Vernon Country Club: Sunday, Sept 13, 2015 Departing @10:00am Returning @ 2:pm

Cost: \$27 pp cost includes breakfast, gratuity & transportation

Registration due date: Thursday, Sept 10, 2015 Dress Code: NO JEANS

Mount Vernon Country Club, nestled in the foothills of Golden Colorado, overlooks the city lights of Denver and beautiful mountain vistas. Offering a Sunday Brunch to remember, 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, salads, and an elaborate dessert bar.