



# Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

## July-August 2016

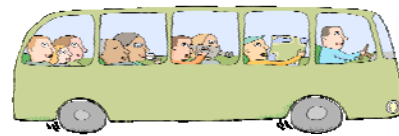
### Lunch Bunch

Departing the second Friday of every month

to a new & exciting restaurant!

Departing at 11:30 am  
from the GVR Metro District Office - 18650 E. 45th Avenue  
Please call to RSVP the Monday prior to the date

### ACTIVE ADULT TRIPS



For upcoming trips, please check the back of this newsletter, on our website [www.gvrmetrodistrict.com](http://www.gvrmetrodistrict.com), or call La Vetta Murray at 3/307-3243 or 7/641-4801

### 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.

### 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 for more information

Senior pricing starting at \$35.00.

### 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.)*



**July 8, 2016 – Lookin Good** (Greek, American & Mexican)

*RSVP due date: Wednesday, July 6, 2016*    **Menu price range: \$5.95-\$15.95**

Lookin Good Restaurant and Lounge is a family committed to providing every guest with a genuine dining experience. As part of their commitment, they're proud to serve fresh Greek, American and Mexican cuisine, served in a comfortable home-like setting where everyone is welcomed as a member of the family.



**August 12, 2016 –Marrakech Grill** (Middle Eastern)    *RSVP due date: Wednesday, August 10, 2016*

**Menu price range at: \$4.70-\$13.00**

The Marrakech Grill does a lovely job with its food -- Lebanese and Persian cuisine served in pita sandwich, buffet and entree form, authentically prepared and with a balance of spices. All of their dishes are prepared with fresh meats and vegetables in a warm inviting atmosphere.

## UPCOMING ADULT DAY TRIPS



**Buffalo Bills Museum and Grave:** *Friday, July 22, 2016*

Departing at 10:00am    Cost: \$9pp includes tour and transportation

*Registration due date: Wednesday, July 20, 2016*

Visit the one and only grave of William F. "Buffalo Bill" Cody. Located in Lookout Mountain Park, part of the Denver Mountain Parks system, the site overlooks the natural beauty of the Great Plains and the Rockies, attracting over 400,000 annual visitors. And for visitors who have a healthy appetite, the Pahaska has a large coffee shop that serves a variety of buffalo dishes. The Pahaska Tepee Café, in our gift shop, offers full grill service featuring buffalo entrees, burgers, ice cream and plenty of homemade fudge.



**Left Handed Brewery:** *Saturday, August 20, 2016*

Departing at 10:45 am    Cost: \$7pp for transportation, the tour is free

*Registration due date: Friday, August 19, 2016*

We will tour the brewery from 12:15-1:15pm. The tour is one hour long and requires walking and standing. Following the tour, the tasting room will be open for complementary tasting. Please have your ID available, which is one of the brewery's requirements.