



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

July-August 2017

PHOTO CONTEST IN GVR

Win a chance to have your photo in the official GVR calendar for 2018! There are so many great and beautiful places in our GVR community! Look around you and you will see them as well. Take a photo and submit it to win a chance to have your photo in our calendar. We are looking for photos from great events in GVR, all seasons, great nature shots and anything you believe to be a great entry for this contest.

Please email your photos to info@gvrmetrodistrict.com.

Photos can be submitted until Wednesday, Nov. 1, 2017, by 5:30pm.

FREE Computer Class Workshops

Below is the 2017 schedule of classes.

- August 21—PowerPoint Basics
- November 20—Excel Pivot Tables

All classes are on Mondays from 6:00p-8:30p
Location: Admin building: 18650 East 45th Avenue , Denver, CO 80249.

To register contact:
La Vetta Murray at 303.307.3243 or email
communityprograms@gvrmetrodistrict.com

*Classes provided by:
Jireh Mobile Computer Training, LLC*

50+ CLUB *Vision Statement*

To work together towards an enjoyable experience with our fellow peers in an atmosphere of kindness and goodwill. By supporting our educational and knowledgeable guest speakers, it is with mutual understanding and respect that there are no personal platforms and/ or agendas.

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 14, 2017 – Linger Address: 2030 W. 30th Avenue, Denver Co 80211

RSVP due date: Wednesday, July 12, 2017 Menu price range: \$6-\$17

Linger, the second concept behind Root Down's Chef/Owner Justin Cucci is located in Denver's Lower Highlands neighborhood. Linger's vibrant menu reflects a broad farm-to-street sensibility with a spin on traditional ethnic eats. Design elements can be described as a purposeful contradiction featuring reclaimed boxcar floors, a brick ellipse, a Lite Brite bar top and infinity windows with incredible views into downtown Denver. The food, the service, the story combine to extract a feeling. Linger is like a mixtape, and we hope it connects. We're not trying to reinvent food it's simpler than that. We hope to elicit a feeling – like you get when you hear your favorite song.

August 11, 2017 – Hillstone Address: 303 Josephine St., Denver, Co 80206

RSVP due date: Wednesday, August 9, 2017 Menu price range: \$8-\$45

Located on Josephine Street in beautiful Cherry Creek, our Denver location includes breezy outdoor seating and two beautiful bars where one can enjoy an extensive selection of hand-picked wines by the glass. Distinctly modern, the dining room blends an indoor/outdoor feel with warm woods and a first rate selection of artwork including several Navajo blanket weavings. Enjoy handcrafted sushi along with signatures like the spicy Thai Steak & Noodle salad as well as our classic cheeseburger with chuck ground in house daily.

UPCOMING ADULT DAY TRIPS

Leanin Tree Museum – Production Tour: Friday, July 21, 2017

Address: 6055 Longbow Dr., Boulder CO. 80301

Departing: 9:45am

Cost: \$7pp Cost includes transportation, admission is free.

Registration due date: Wednesday, July 19, 2017

The museum displays the private art collection of Ed Trumble, founder of Leanin' Tree Greeting Cards. Beloved by locals and visitors alike, this free museum has been serving the public for over forty years. At age 92, Mr. Trumble feels that his work with the collection is complete and he wants to see his art find new homes with the next generation of families, collectors and museums. Selling the art and closing the museum will have no effect on the ongoing greeting card business, which is a completely separate entity. Visitors are encouraged to visit the museum through the end of August, when the museum will close. Leanin' Tree products are offered at factory discounts at its gift shop located in the company's Gun barrel headquarters. [Followed by lunch at BLUE CAFÉ](#)

FRIDAY NIGHT OUT (Stampede): August 25, 2017

Address: 2430 South Havana St, Aurora, CO 80014

Departing: 4:30pm

Cost: \$3pp-transportation **Registration due date: August 23, 2017**

Friday Happy Hour (on you)- \$5 Fajita Buffet from 5 to 8 p.m.