



# Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

## March - April 2016

### Lunch Bunch

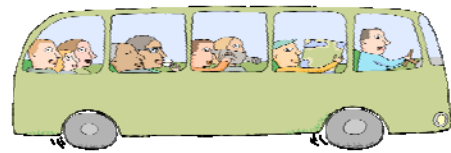
Departing the second Friday of every month

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 news-  
letter, on our website

[www.gvrmetrodistrict.com](http://www.gvrmetrodistrict.com), or call  
La Vetta Murray at  
3/307-3243 or 7/641-4801

## DO YOU NEED A HANDYMAN?

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



### 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.



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## UPCOMING LUNCH BUNCH

*(Departs the 2nd Friday of every month from the admin building at 11:30am. \$3.00 transportation fee per each trip.)*



### March 11, 2016 – Thai Pot Cafe

Address: 1350 S. Colorado Blvd #191, Denver

RSVP due date: Thursday, March 10, 2016

Menu price range at: \$8.95-\$10.95

Reviews rate this Thai restaurant with 4.5 stars. Offering a wide range of appetizers, soups and salads. Also, house lunch specials are available to fulfill your taste buds and a desire for a change of pace.



### April 8, 2016 – Rioja Mediterranean Restaurant

Address: 1431 Larimer St. Denver, CO

RSVP due date: Thursday, April 7, 2016

Menu price range at: \$8.00-\$22.00

Rioja feature a menu inspired by Mediterranean ingredients, influenced by local and seasonal products - masterfully brought together by executive chefs.

## UPCOMING ADULT DAY TRIPS



### CornerStar Wine & Liquor:

Saturday, March 26, 2016

Registration due date: Thursday, March 24, 2016

Departing @ 1:30pm Returning @ 3:00pm

Address: 15405 E. Briarwood Circle, Aurora, CO

Cost: \$3pp cost includes transportation and tasting

We will visit the fine wine and liquor shop, where you will enjoy the tasting of a variety of wines and Leopold Bros Spirits. Tasting will began at 2:00pm.



### Clyfford Still Museum:

Friday, April 29, 2016

Registration due date: Wednesday, April 27, 2016

Departing at 10:00am Returning at 3:00pm

Address: 1250 Bannock Street, Denver CO

Cost: \$5pp for transportation the tour is free

In 1951, Clyfford Still ended his relationship with the prestigious Betty Parsons Gallery in New York. From that time forward, only a very select few of his works entered the art market. As a result, the Clyfford Still Museum now houses 95 percent of the artist's total output, making its collection the most intact body of work of any major artist.

In addition to the artworks, the museum is also home to the artist's archives of letters, sketchbooks, manuscripts, photo albums, and personal effects.

## **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.