



# Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

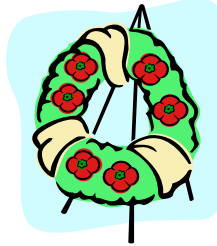
## May 2013



Be sure to check out the following website  
[www.gvrmetrodistrict.com/GetOffYourBuns](http://www.gvrmetrodistrict.com/GetOffYourBuns)  
for new day trips, up to date departure times, and other valuable information.

### HOLIDAY CLOSURE

The Metro District and HOA offices will be closed on May 27th in observance of Memorial Day



**Denver Public Library-Green Valley Ranch Branch**  
**Open 7 Days a Week**

*Colleen Galvin, Senior Librarian, Green Valley Ranch Branch*

Beginning **April 29, 2013** the Green Valley Ranch Branch Library (4856 N. Andes Ct. 720-865-0310) will be open three additional days per week, increasing operating hours from 32 to 52 per week.

New hours will be:

*MON, TUE, FRI: 10 a.m. – 6 p.m. (currently closed Tuesdays)*

*WED, THU: noon – 8 p.m. (currently closed Thursdays)*

*SAT: 9 a.m. – 5 p.m.*

*SUN: 1 p.m. - 5 p.m. (currently closed Sundays)*

Thank you for voting for 2A and supporting your library!

And don't forget to have your family participate in the Green Valley Ranch Branch Summer of Reading program, beginning the week DPL schools go on summer break. Reading throughout the summer helps kids avoid that "summer slump" and earn cool prizes, as well as discover new authors. And you are never too young to participate! We have Summer of Reading programs for newborns through teens. For more information, feel free to contact any Denver Public Library.

**Life made easier,  
everyday!**

**Turkey Baster as Pancake  
Shaper**



Use a baster full of batter to squeeze custom pancakes onto the griddle. Start with easy letters and shapes, then work up to more complicated designs, like these leaves. (The trick is to draw the outlines and veins first, let them brown, then fill in the gaps with more batter.)

**DID YOU KNOW?**

**The average heart  
beats 100,000 times  
each day to pump  
roughly 2,000 gallons  
of blood through the  
body.**

**What are you doing to  
keep your heart  
healthy? Try going for  
a walk in GVR!**

## Hello Everyone!!!!!!

My name is Karen Jordan and I am the bookkeeper for the Green Valley Ranch Homeowners Association. I have to tell you about my trip to the "Boulder Dinner Theater" on March 17, 2013 with the "GET OFF YOUR BUNS" group. It was absolutely wonderful!

First, we all gathered at the Metro District office. There was excitement in the air. We boarded our bus and sat back and relaxed as we were driven by the lovely La Vetta Murray who is the coordinator for all these events. The trip went quickly as we all talked and laughed or viewed the scenery on our way there.

We arrived and had a small wait as we waited for them to allow us in the theatre. I had never been there before and much to my surprise it was beautiful. The atmosphere was elegant and the service was excellent. We were escorted to our assigned table and within minutes someone was there to ask us what we would like to drink. They left us with a menu of choices for our meal. Now I must say, the choices were items I have seen before and I was expecting the ordinary, but when my dinner arrived it was "plated" (as they say on the cooking shows) beautifully. But to my greatest surprise was the actual taste. It was absolutely delicious!! The trip was well worth just the meal. But then, after we had our tummies filled we got to sit back and watch one of the most hilarious performances I have ever seen. It was called "The Church Basement Ladies". Oh my goodness!!! You just rolled with laughter; they were so entertaining, so talented. Oh, wait, I forgot! After dinner, if you wanted dessert, you chose it and then they would serve it during intermission. So after we watched the first act doubled over with laughter, out comes our wonderful dessert with coffee. You just felt so special. We then watched the second act and laughed and laughed and laughed.

If you want to experience fun, relaxation, laughter or just fellowship try out the "GET OFF YOUR BUNS" events!! You will not regret it.

**GVR Metro District has many volunteer opportunities available.**

**Please call the office (303-307-3240) for more information or to volunteer!**

*" We believe no one should go hungry"*

**Volunteers of America** has several different nutrition and food programs designed to assist individuals with their nutritional needs, families with emergency food, and food pantries and soup kitchens with staples, fresh produce, dairy, and baked goods. Call the **Volunteers for Denver County: 303-294-0111** or email:

[delliott@voacolorado.org](mailto:delliott@voacolorado.org) for more information.

# COMING SOON

- ◆ 1st Annual Green Valley Car Fest - June 1st - 4:00 to 8:00 pm
- ◆ Second Annual Far Northeast Optimist Classic Golf Tournament - June 7th - 7:30 am
- ◆ English as a second language AND Spanish as a second language classes? Let us know if you have an interest... 303-307-3243.
- ◆ We are always looking to develop opportunities that people want in GVR - tell us what you want to
  - ◆ participate in... 303-307-3243.
- ◆ Do you FaceBook or do you have other computer class needs? Let us know (303-307-3243) and our computer instructor just might surprise you!

## DRMAC can help you find the ride that's right for you— on the phone, in person or online!

The DRMAC Transportation Information and Assistance Center is available to help you! Our Transportation Resources Specialist will provide you with a free in-depth consultation to identify your specific needs and connect you with the transportation provider best suited for you.

**On the Phone:** Call **303-243-3113** Monday through Friday, from 8:30 AM until 5:00 PM

**In Person:** Email or call to set up an individual appointment: [information@drmac-co.org](mailto:information@drmac-co.org) or 303-243-3113

**Online:** Up-to-date information about what's available for you, depending upon your needs and location. It's as easy as 1-2-3:

- 1 Visit [www.transitoptions.org](http://www.transitoptions.org)
- 2 When prompted, enter the information about your specific needs
- 3 The system will provide you with a list of providers that are right for you!

*Source: 9News website, Senior Source, DRMAC (Denver Regional Mobility & Access Council)*



## \*Resources

### General Contractors:

Handyman Matters, 303-722-7846  
HPS- Home & Property Services, 303-698-9999  
Incepector 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!**

[www.gvrmetrodistrict.com/GetOffYourBuns](http://www.gvrmetrodistrict.com/GetOffYourBuns)



# Get Off Your Buns

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Keep an eye on this website  <a href="http://www.gvrmetrodistrict.com/GetOffYourBuns">www.gvrmetrodistrict.com/GetOffYourBuns</a></p>			1	2	3	4 <b>FIFTY PLUS CLUB - 9 am @ GVR Golf Club (4900 Himalaya)</b>
5	6 Computer Class: Word-Level 1-Part 1- 6 pm-8 pm @ Ad Bldg	7 Computer Class: Word-Level 1-Part 2- 6 pm-8 pm @ Ad Bldg	8 <b>Lunch Bunch departs 11:30 a.m. @ Ad Bldg (Emil-Lene's Steakhouse)</b>	9 Computer Class: Word-Level 1-Part 3- 6 pm-8 pm @ Ad Bldg	10	11 Computer Class: Basic Computer Concepts-9 am-1 pm @ Ad Bldg
12	13	14	15 GVR Metro Board Mtg. - 6:30 pm @ Ad Bldg	16	17 <b>Day trip: Mystery Dinner Depart from Ad Bldg @ 4:00 pm</b>	18 Computer Class: Windows 7- Part 1
19	20 Computer Class: Excel Level 1- Part 1-6 pm-8 pm @ Ad Bldg	21 Computer Class: Excel Level 1- Part 2-6 pm-8 pm @ Ad Bldg	22 HOA Board Mtg - 6:00 pm @ Ad Bldg	23 Computer Class: Excel Level 1- Part 3-6 pm-8 pm @ Ad Bldg	24	25
26	27 The District & HOA offices will be <b>CLOSED</b> for Memorial Day	28	29	30	31	

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



# *Lunch Bunch*

New restaurant every month

**May: “Emil-Lene’s Steakhouse”**

Departing every second  
Wednesday of the month at  
11:30 am from the GVR Metro  
District office  
(18650 E. 45th Ave.)

# Day Trips

**Mystery Dinner**

Friday, May 17, 2013

**Wildlife Experience**

Friday, June 28, 2013

**Senior Law Day**

July 27, 2013

Departs from the GVR Metro District office.  
Times vary depending on the trip. Please call  
La Vetta Murray at 303-307-3243 or  
720-641-4801 for more information.



Need help with Basic Computer Concepts, Word, PowerPoint or Outlook?

These are just a few of the computer classes  
that are now being offered through the GVR Metro District.