



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

May - June 2016

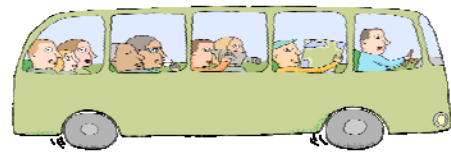
Lunch Bunch

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 up-

coming trips,
please check the back of this news-
letter, on our website

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.)

➤ May 13, 2016 – Bone Fish Grill (Seafood)

Address: 4948 S. Yosemite Street, Greenwood

RS VP due date: Wednesday, May 11, 2016

Menu price range: Starting at \$10

With a deep passion for fresh seafood, their founders set out to create a truly unique, explorative dining experience. On January 15, 2000 in St. Petersburg, Florida, the first Bonefish Grill was born. Their menu is inspired with one person in mind - you. With a deep understanding and passion for seafood, they've used their expertise to create an unparalleled lineup of dishes to reel you in and awaken your palate.

➤ June 10, 2016 – Jack's Bar & Grill/ Steamers Coffee Shop

Address: 8565 Five Parks Drive Suite; #100, Arvada

RSVP due date: Wednesday, June 8, 2016

Menu price range: \$5-\$12

Jack's is Arvada's friendliest neighborhood bar and grill. Whether its breakfast, lunch or dinner –apps and a cold beer – conversation with friends and a bottle of fine wine – watching the big game on one our 10 Hi-Definition flat screens and cheering the victory ,Jacks has got you covered.

Steamers: Located inside Jack's, Steamer is where it all started. From humble beginning to where we are now, the goal remains the same. Jack's and Steamer continues to prove it's possible to run an enterprising business which is sustainable and successful while employing individuals with developmental disabilities.

UPCOMING ADULT DAY TRIPS



Isle Casino Hotel: Saturday, May 28, 2016

Address: 401 Main Street, Black Hawk

Departing: 10:00 am

Cost: \$15pp for transportation

Registration due date: Thursday, May 26, 2016

Isle Casino Hotel® Black Hawk is a player's paradise, with over 1,100 of the latest and greatest slot machines in denominations of 1¢ to \$25. In fact, they're known for having the LOOSEST video poker games in all of Black Hawk! If you prefer live action, enjoy over 24 high-paying tables with your choice of everything from Blackjack and Texas Hold 'em to craps and roulette. They are also proud to offer Three Card Poker Progressive, the first game of its kind in Black Hawk — only available at the Isle! Their gaming options are unparalleled, their payouts are unmatched, and their fun can't be beat. That's a sure bet.

PROMOTIONS: All you can eat crab legs.



Platte Valley Trolley: Friday, June 24, 2016

Address: 1400 Platte Street, Denver

Behind REI, along the South Platte River

Departing: 10:00 am sharp! For the 11:00 am ride.

Cost: \$8 pp cost includes transportation and admission.

Registration due date: Tuesday, June 21, 2016

Departing from REI the trolley ride is 25 minutes. Some of the attractions that you will see while enjoying this ride are listed below.

- Confluence Park on the South Platte River, where Denver was founded.
- REI's flagship store in the old Tramway powerhouse
- Elitch Gardens amusement & water park
- Downtown Aquarium Denver
- The Children's Museum of Denver
- Sports Authority Field at Mile High (Home of the Denver Broncos):
- Colorado Sports Hall of Fame (located at Sports Authority Field at Mile High)
- Downtown Denver in an ever changing panorama
- RTD (Regional Transportation District) bus routes and nearby Light Rail

Following is lunch at Proto's Pizza-Denver located at 2401 15th St, Denver