



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

May-June 2017

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.

FREE Computer Class Workshops

Below is the 2017 schedule of classes.

- May 15—Excel Formulas and Functions
- 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

Green Valley Ranch Library Adult Programming

May:

- * Becoming Extraordinary Elder
- * No Strings Attached Book Club
- * Adult Craft - Melt & Pour Soap

June:

- * Adult Craft Night - Domino Pendants
- * No Strings Attached Book Club
- * Scent Your World Aromatherapy Potion

For more information on the above programs, please see the GVR Library flyer or call the library 720-865-0310.

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 12, 2017 – Rialto Café** Address: 934 16th St, Denver
RSVP due date: Wednesday, May 10, 2017 Menu price range: \$6-\$29

As part of the historic landscape Denver's 16th Street Mall for nearly two decades, Rialto Cafe is a downtown Denver icon best known for its inviting atmosphere, American Fare and commitment to service, reflecting Denver's Mile High hospitality. Centrally located, Rialto Cafe is just four blocks from the Colorado Convention Center, and within walking distance to main attractions like the Denver Center for the Performing Arts (DCPA) and Denver Pavilions.

- ❁ **June 9, 2017 – Euclid Hall Bar & Kitchen** Address: 1317 14th St, Denver
RSVP due date: Wednesday, June 7, 2017 Menu price range: \$5-\$23.50

This spot is the third restaurant from the team of Jennifer Jasinski and Beth Gruitch, owners of the award winning Rioja and Bistro Vendôme on Denver's historic Larimer Square. Located right around the corner from Rioja in Euclid Hall, an 1883 building that once housed the venerable Soapy Smith's bar, this American tavern focuses on high quality and innovative pub food from around the world including house made sausages, po' boys, poutine and schnitzels. An extensive beer selection and creative cocktails drive the beverage program.

UPCOMING ADULT DAY TRIPS

- ◆ **Wild Women Wine:** Saturday, May 20, 2017
Address: 1600 Champa St., Denver CO 80202
Departing: 12:00 pm **Tasting:** 1:00 pm
Cost: \$15pp Cost includes tasting and transportation
Registration due date: Tuesday, May 16, 2017

The Wild Women Wine, is a Colorado boutique winery and tasting room located in the heart of downtown Denver. They are eight years old this year!! They import the highest quality crushed juice from vineyards in the Central Valley, CA and then ferment, blend and handcraft all their wines onsite in their downtown urban winery facility. At Wild Women Wine, they throw open the doors on the winemaking experience for their customers. Interested in creating a custom wine that is all your own? Their experienced vintner will guide you through designing your very own batch of wine! Once your custom wine is ready, you and your friends or family will enjoy a private bottling party where everyone gets the hands-on experience of bottling, corking, foiling and labeling your wine with a personalized label that is your own design.

- ◆ **Hudson Garden Concert – Four Tops:** Sunday, June 4, 2017
Address: 6115 South Santa Fe Drive, Littleton, CO 80120 3
Departing @: 5:00pm **Show Starts @** 7:30pm
Cost: \$40pp Cost includes admission and transportation
Registration due date: Friday, June 2, 2017 or until tickets are no longer available

Performs hits like Baby I Need Your Loving; Bernadette; I Can't Help Myself (Sugar Pie, Honey Bunch)