



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

November-December 2016

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.



I'm 60+ and need help shoveling my walk, how can I request a Snow Buddy?

Seniors in the Denver metro area can call 720-264-3379 to be paired with a Snow Buddy.
(If interested, please call as soon as possible to get set up!)

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.)


 **November 11, 2016 – Cherry Creek Grill** (American) {184 Steele St., Denver }
RSVP due date: Wednesday, Nov. 9, 2016 *Menu price range: \$5-\$32*

Welcome to Cherry Creek Grill, where slow roasting techniques are perfected on their wood-fired rotisserie. Enjoy patio dining or take a seat at their horseshoe-shaped bar while considering the interesting selection of artwork surrounding the intimate dining room. Delight in an afternoon with friends and family in a relaxed neighborhood atmosphere.


 **December 9, 2016 – Denver Biscuit Company** {3237 E. Colfax Ave, Denver }
RSVP due date: Wednesday, December 7, 2016 *Menu price range: \$7.95-\$10.95*

Biscuit-based breakfast & sandwich shop set up inside the warehouse like Atomic Cowboy bar. What started as a commissary kitchen for the Biscuit Bus had blossomed into Denver's Best Breakfast, featured on multiple TV shows from Food Network and The Cooking Channel to CNN, Headline News and many more.

UPCOMING ADULT DAY TRIPS

 **Holiday Food & Gift Festival:** Friday, November 18, 2016 {700 14th St., Denver}
Departing: 9:00 am **Cost:** \$12 pp
Registration due date: Tuesday, November 15, 2016

The Annual Holiday Food & Gift Festival returns each November with two shows in Colorado. This festival is the largest holiday celebration of its kind, drawing a combined attendance of over 90,000 attendees annually who happily complete their holiday shopping early. With 100's of exhibitors the festival provides shoppers with one-of-a-kind gifts that cannot be found anywhere else. Featuring art, crafts, jewelry, clothing, wood, music, photography, toys, Christmas décor, and much more makes this a gift buyer's delight. There is a large gourmet food area where you can sample and purchase a wide range of food items including toffee, tea, chocolates, pasta, soups, dips, meats, coffee, jams, shortbread, chili, sauces and much more!

 **Colorado State Capitol Tour:** Monday, December 5, 2016 {200 E. Colfax Ave., Denver}
Departing: From the Metro District Office at **10:00 am sharp!**
Cost: \$4 pp cost includes transportation, admission is free
Registration due date: Friday, December 2, 2016

The Colorado State Capitol welcomes about 300,000 visitors annually, with nearly 70,000 visitors taking tours of our beautiful and historic Statehouse. You'll learn more about this building, and work of our General Assemble, and our unique Colorado heritage .