



# Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

## October-November-December 2014

### 50+ Club

Are you 50 years and over? Then how about joining the far northeast 50+ Club? Meeting 1st Saturday of every month for breakfast, with guest speakers chatting about interesting topics, plus exciting activities.

**Place:** GVR Golf Club (4900 Himalaya)

**Time:** 9:00 a.m.

**Cost:** \$12 per person for breakfast



# SilverSneakers® Fitness Program Kick Off Monday, July 14th!

Green Valley Ranch Recreation Center  
4890 Argonne Way  
Denver, CO 80249  
303.375.3857



Active Older Adult Coordinator:  
Kristi Hernandez | 720.865.0634  
kristi.hernandez@denvergov.org

Begin using your SilverSneakers® Membership at Green Valley Ranch Recreation Center on MONDAY, JULY 14th!

**Benefits include:**

- Access to any drop in fitness classes or clubs
- Access to the weight room

The following SilverSneakers® classes will be offered at Green Valley Ranch Recreation Center:

- **Classic** is great for total-body conditioning. The instructor guides you through exercises using resistance tools at your own pace.
- **CardioFit** this low-impact aerobics class is safe, heart-healthy and gentle on the joints. It includes easy-to-follow aerobic movement, upper-body strength work, abdominal conditioning, stretching, and relaxation exercises.
- **Yoga** offers a variety of safe movements with restorative breathing exercises to promote stress reduction and mental clarity.

*Be on the lookout...specific days and times of our classes will be announced soon!*



Find us on Facebook!



[www.silversneakers.com](http://www.silversneakers.com)

## Winter is just around the corner!

The first step in being prepared is to know about the hazards that can affect you where you live and work. Winter storms are one of Denver's top hazards. To learn more about winter storms and what you should do to protect yourself and your property, visit FEMA's web site to know how to prepare for a "Winter Storm and Extreme Cold". Information available at <http://www.ready.gov/winter-weather> or call 1-800-FED-INFO for general preparedness information.

Carolyn Huges Bluhm / Community Preparedness and Relations  
Office of Emergency Management and Homeland Security  
City and County of Denver / 720-865-7698 Phone / 303-725-3084 Cell  
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If you no longer wish to receive this newsletter, please call Dee at 303-307-3242 or email her at [dmare@gvrmetrodistrict.com](mailto:dmare@gvrmetrodistrict.com) with your address.

We post the newsletter on our website at

[www.gvrmetrodistrict.com/GetOffYourBuns](http://www.gvrmetrodistrict.com/GetOffYourBuns) quarterly, as well as email it to anyone who prefers to receive it electronically.

## Life made easier, everyday!



### COFFEE FILTER as YOGURT STRAINER

For a dip that doesn't make taste watered down, strain your yogurt before using it.

Secure the paper coffee filter over the mouth of a deep cup or jar with a rubber band then pour in some yogurt. Put in the refrigerator and leave over night.

Any liquid will drain through the filter into the cup or jar.

## DID YOU KNOW?



Did you know the most commonly used letter in the alphabet is E and the least used is Q?

Also, if you try to say the alphabet without moving your lips or tongue, every letter will sound the same.



# Computer Classes – let's get started!!!

*By Wanda Woods, Computer Instructor, GVR Metropolitan District*



Hello Everyone – I thought I'd take a minute to tell you a little about me...your computer instructor at GVR Metropolitan District.

My husband and I have lived in Green Valley for 12 years. We have two grown sons; one adopted son (who is now 7), and three grandsons (14 years and 7 month old twins).

Currently, I work full-time as a Decision Support Analyst, which means I analyze large amounts of data in order for managers and senior level executives to make decisions regarding day-to-day operations. I love what I do. I've been working with computers for a very long time. I started at 16 years old as a student aid for a government organization, and fortunately, for me, one of the managers took me under her wing and taught me how to use my first computer. I won't tell you how long ago that was, but believe me that was a long time ago. I hold a BS in Computer Information Systems, and for about the last 3 years I have learned how to write code using VBA and SQL. I have been working with Microsoft office products since it was introduced in the early 90's, and have been teaching it in one capacity or another ever since. I also own a small computer training business called Jireh Mobile Computer Training.

As you may already know, **GVR Metropolitan District** offers computer classes. Learning new skills, whether those skills revolve around a particular computer program or office strategy is important. In today's economic climate, one should not let a fear of technology keep them from moving up in their chosen profession. Most office professionals use many of these programs on a daily basis. In addition, these programs can help a person with these skill sets become more valuable to their organization

The classes are opened to everyone whether you are a resident or non-resident. The cost is the same for all classes. Each class is **\$45**. Each class is 4 hours in length. There is special pricing for Seniors who are 55+ (**\$35**). If you sign up for more than one class, the cost is **\$30/class**. Classes are either taught during the week from 6:00p – 8:00p or on Saturdays from 9:00a – 1:00p. If you or someone you know have been thinking of taking computer classes, now is the time!!!

There's been so much talk lately about the **CLOUD**...have you ever wondered what that is? It's not as bad as the media makes it to be...well, if you have pictures on your camera, which can be a different story...if you know what I mean. There will be a **FREE** Computer Class Seminar on **Saturday, October 11**, from **9:00a – 11:30a**, to give you some information about it. Register early, the seminars fill quickly.

For more information regarding classes, visit [www.gvrmetrodistrict.com](http://www.gvrmetrodistrict.com), and click on the link on the right of the page for schedule and times. To register, please contact La Vetta Murray at 303-307-3243 or 720-641-4801. Can't wait to meet you there...sign up TODAY!!!

# COMING SOON:

GVR Annual Trunk or Treat - October 25, 2014 - 3-5 pm - Ad Bldg parking lot

**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.

Senior pricing starting at \$35.00.



**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.

**DO YOU NEED A HANDYMAN?**



**Are you a Handyman?  
Want to volunteer?**

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

**\*NEW FOR 2014\*  
GROCERY SHOPPING TRIPS**

We are now offering shopping trips to Wal-Mart & King Soopers beginning January 2014.



Trips will be scheduled on the last Friday of each month @ 10 am. If you are interested, please give us a call at 303-307-3243 to schedule a pick-up.

## \*Resources

**General Contractors:**

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



# Get Off Your Buns

Oct  
2014

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 <b>FIFTY PLUS CLUB - 9 am @ GVR Golf Club (4900 Himalaya)</b>
5	6 <i>Computer Class: Word 2010 Basics 6-8pm @ Ad Bldg</i>	7 <i>Computer Class: Word 2010 Basics 6-8pm @ Ad Bldg</i>	8 <b>Get Off Your Buns Lunch Bunch-Osteria Marco-departs 11:30 a.m. @ Ad Bldg</b>	9	10	11 <i>Computer Class: FREE Computer Class Seminar (Cloud Computing) 9-11:30 am @ Ad Bldg</i>
12	13	14	15	16	17	18 <i>Computer Class: Windows 8.1 9-1pm @ Ad Bldg</i>
19	20 <b>Get Off Your Buns day trip: Aurora Lanes (bowling)- departing 11 am @ Ad Bldg</b>	21 <i>Computer Class: Excel Basics 6-8pm @ Ad Bldg</i>	22	23 <i>Computer Class: Excel Basics 6-8pm @ Ad Bldg</i>	24	25 <b>Bring your family to Trunk or Treat - 3-5 pm @ Ad bldg parking lot</b>
26	27	28	29	30	31	

Keep an eye on this website  
[www.gvrmetrodistrict.com/GetOffYourBuns](http://www.gvrmetrodistrict.com/GetOffYourBuns)

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





# Get Off Your Buns

Nov  
2014

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 FIFTY PLUS CLUB - 9 am @ GVR Golf Club (4900 Himalaya)
2 Daylight Savings Time ends –turn clocks back one hour	3	4	5	6	7	8 Computer Class: Excel-Charting 9-1pm @ Ad Bldg
9	10 Computer Class: PowerPoint 2010 Basics 6-8pm @ Ad Bldg	11 Computer Class: PowerPoint 2010 Basics 6-8pm @ Ad Bldg	12 Get Off Your Buns Lunch Bunch—The English Teacup-departs 11:30 a.m. @ Ad Bldg	13	14 Get Off Your Buns day trip: Botanic Gardens (Holiday Sale)-departing 10 am @ Ad Bldg	15 Computer Class: Windows 8.1 9-1pm @ Ad Bldg
16 Large item pickup week. Please call 3-1-1 or 720-913-1311 for your collection day	17	18 Computer Class: Word 2010– Creating a Simple Report 6-8pm @ Ad Bldg	19	20 Computer Class: Word 2010– Creating a Simple Report 6-8pm @ Ad Bldg	21	22
23	24	25	26	27	28	29
30				<p>The District &amp; HOA offices will be <b>CLOSED</b> both days for Thanksgiving</p> <p style="text-align: center;">←—————→</p>		

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# Get Off Your Buns

Dec  
2014

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Computer Class: Excel 2010 –Working with Formulas & Functions 6-8pm @ Ad Bldg	2 Computer Class: Excel 2010 –Working with Formulas & Functions 6-8pm @ Ad Bldg	3	4	5	6 <b>FIFTY PLUS CLUB - 9 am @ GVR Golf Club (4900 Himalaya)</b>
7	8	9	10 <b>Get Off Your Buns Lunch Bunch-Tom's Home Cookin-departs 11:30 a.m. @ Ad Bldg</b>	11	12	13 Computer Class: Basic Computer Class 9 -1pm @ Ad Bldg
14 <b>Get Off Your Buns day trip: Fox Theatre ("Red Ranger Came Calling")- departing 1 pm</b>	15	16 Computer Class: Word Integration 6-8pm @ Ad Bldg	17	18 Computer Class: Word Integration 6-8pm @ Ad Bldg	19	20
21	22	23	24	25 The District & HOA offices will be <b>CLOSED</b> for Christmas Day	26	27
28	29	30	31	<b>Keep an eye on this website</b> <a href="http://www.gvrmetrodistrict.com/GetOffYourBuns">www.gvrmetrodistrict.com/GetOffYourBuns</a>		

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## **UPCOMING LUNCH BUNCH** (departs admin bldg at 11:30 am)

**October 8, 2014 – Osteria Marco** (1453 Larimer St.)

RSVP due date: Monday, Oct 6, 2014 Menu prices starting at: \$10.00

Osteria, a rollicking homage to thin-crust pizzas, house made salami and cheeses and suckling pig, the latter of which is served only on Sunday night. Sashay down the wide staircase, past the ever-present throng at the bar sipping cocktails and slip into a booth to consider the marvel that's the Carbonara pizza splayed with an egg that spills a river of yolk over the crisped pancetta. Then again, you can simply graze on pulled pork, bresaola and lonza, all of which are made in-house, as is the unassailable burrata.

**November 12, 2014 – The English Teacup** (1930 S. Havana St.)

RSVP due date: Monday, November 10, 2014 Meals starting at: \$10.25

Whether you're an Ex-Pat looking for a taste of home, or just a wary traveler looking for a hot cup of tea and a hearty meal, all are welcome here at the English Teacup in Aurora, Colorado, for 35 years, we have been serving the people of Aurora and Denver authentic English cuisine along with a selection of imported treats to tickle your taste buds.

**December 10, 2014 – Tom's Home Cookin** (800 E 26th Ave)

RSVP due date: Monday, December 8, 2014 Menu prices starting at: \$12.00

The queue at this purveyor of comfort food in the Five Points neighborhood often starts long before the doors swing open, but the Southern-inspired platters, served in colossal heaps in boxes, more than make up for the wait. The board changes daily, and while you'll probably want one of everything, the copper-crust fried chicken – if it's available – flies everyone to the moon. So, too, does the andouille sausage and chicken gumbo, the meatloaf and the stewed collard greens, and for a flourishing finale, peach cobbler channels every sweet tooth's fantasy. Get an extra one for the road.

## **UPCOMING ADULT DAY TRIPS**

**Aurora Lanes (Bowling):** Monday, October 20, 2014 Departing @11:00am - Returning @3:00pm

Cost: \$13.95 pp cost includes transportation and all you can eat pizza and bowling. *(This special offer is subject to change)* Registration due date: **Wednesday, October 15, 2014**

AMF Aurora Lanes offers traditional bowling on 40 lanes and was recently renovated to include flat-screen TVs above all lanes and throughout the concourse, an Extreme bowling package, Kegel Kustodian lane machine, new kitchen equipment, additional lighting and automatic entry doors. Relax in our separate bar area while you watch your favorite sports or challenge your friends to a game of pool or arcade games.

**Botanic Gardens:** (Holiday Sale) Friday, November 14, 2014 Departing @ 10:00 am - Returning @ 2:00 pm

Cost: \$3 pp cost includes transportation-entry is free. Registration due date: **Tuesday, November 11, 2014**

Denver Botanic Gardens at York Street presents a wide range of gardens and collections that illustrate an ever-widening diversity of plants from all corners of the world. Distinctive gardens define and celebrate our Western identity and a unique high altitude climate and geography. Many of our innovative gardens are models of drought-tolerance and showcase native and adapted plants that thrive in Western gardens. Throughout Denver Botanic Gardens, the time honored traditions of European horticulture merge with a dynamic diversity of plants and design that represent the best in horticultural achievement.

**Fox Theatre: Showing "Red Ranger Came Calling"** Sunday, December 14, 2014

Departing @ 1:00pm - Returning @ 4:00 pm Cost: \$23 pp cost includes transportation and admission

Registration due date: **Monday, December 8, 2014 (Tickets may not available at this last date. So sign up early!)**

A musical tale based on the true story of cartoonist, Berkeley Breathed's father who, at age nine, insisted on being addressed as the "Red Ranger of Mars." One Christmas during the Depression, the moody young boy meets a crotchety old man named Saunder Clös. Through their encounter, they manage to restore each other's faith in the magic of Christmas and leave an indelible mark on the landscape still visible today! The surprise ending will melt the heart of even the most stubborn Scrooge and grinchy Grinch.