



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

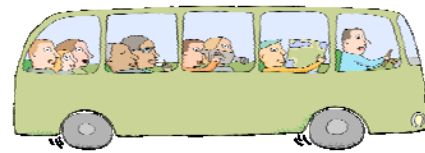
October-November-December 2015

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 upcoming trips,
please check the back of this
newsletter, on our website

www.gvrmetrodistrict.com, or call

La Vetta Murray at
3/307-3243 or 7/641-4801

Recipe Roundup

Healthy Recipes for Everyone

Crockpot Pork Chops

Preparation time: 5 min Servings: 2
Cooking time: 480 min

Ingredients:

1/8 tsp onion powder
1/8 tsp garlic powder
1/8 tsp salt
1/8 tsp pepper
2 tbsp olive oil
2 pork chops
1 can golden mushroom soup



Nutrition Facts

Calories 390
% Calories From Fat 66.9%

Total Fat 29g
Saturated Fats 6.4g
Mono-unsaturated Fats 15g
Poly-unsaturated Fats 4.2g

Cholesterol 57mg

Sodium 1200mg

Total Carbohydrates 11g
Dietary Fiber 0.1g
Sugar 2.3g

Protein 22g

Cooking Directions:

Sprinkle both sides of pork chops with salt, pepper, garlic powder, and onion powder. Heat a large skillet on medium-high heat. Pour olive oil in the heated skillet. Brown pork chops on each side for about one minute. Remove pork chops and place in crockpot. Pour soup over pork chops. Cover and **cook** on low for 8 hours. Suggestion: Serve with mashed potatoes and green beans.

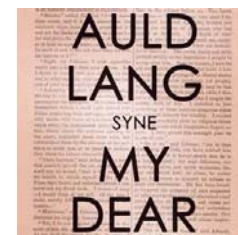
Life made easier, everyday!



Cola as Ham Marinade

For sweet, juicy ham without the goopy stove-top glaze, pour a 20-ounce bottle of regular cola over a 10-pound precooked ham and roast for 2 1/2 hours at 350° F, basting every 15 to 20 minutes. Remove from oven, cut a hatch diamond pattern into the top, rub with a tablespoon of dry mustard, stud the centers of the diamonds with whole cloves, and pat with 1 cup brown sugar and 1 1/2 cups bread crumbs. Return to oven for 35 minutes.

DID YOU KNOW?



The song, "Auld Lang Syne" is sung at the stroke of midnight in almost every English speaking country in the world to bring in the New Year.

Denver Energy Challenge



What Is The Denver Energy Challenge?

Source: *Denver Energy Challenge, www.denverenergy.org/residential*

Join over, 9,165 households in Denver who are currently saving money on their energy bills with this FREE city program.

1. **VERIFY** - You must live in the City & County of Denver.
2. **CALL** - Start by calling 720.865.5520 (Monday - Friday, 8am to 5pm) and we'll set you up with your own Energy Advisor.
3. **ENERGY ACTION REPORT** - Next, you will discuss with your Advisor what you'd like to accomplish in your home and what your current energy use is. Based on that conversation, we'll design an Energy Action report to get you from start to finish. *(Interactive advising is also possible! You can Skype or Facetime with your Energy Advisor.)*
4. **OBTAIN & REVIEW BIDS** - After you've reviewed your Action report, your Energy Advisor will connect you with qualified contractors and resources to help you upgrade your home. *They can even help you review bids.*
5. **IMPLEMENT UPGRADES** - Once you've decided what projects to implement, your Energy Advisor will support you in applying for all applicable rebates/credits/loans to ensure the process is easy and affordable. Rather than spend hours or days researching options, contact your advisor and let them handle it for you

If you no longer wish to receive this newsletter, please call Dee at 303-307-3242 or email her at dmares@gvrmetrodistrict.com with your address. We post the newsletter on our website at www.gvrmetrodistrict.com/GetOffYourBuns quarterly, as well as email it to anyone who prefers to receive it electronically.

COMING SOON:

- ◆ Trunk or Treat : October 24, 2015 - 3:00 to 5:00pm at Oakwood Homes parking lot (4908 Tower Rd.)

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?



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

GROCERY SHOPPING TRIPS

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

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
Exterior Solutions, 303-424-4784
Perez Painting, 720-298-3496
Stellar Painting, 720-981-7827

Roofing Contractors:

Alpha Roofing, 303-396-7287
Alpine Roofing, 303-295-7769
Assurance Roofing Co., 720-8367-1630
Leak Arresters, 303 800-0736
Western Roofing, 303-279-4141

****More Resources can be found on the GVR HOA's website: www.gvrhoa.com!***



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Oct
2015

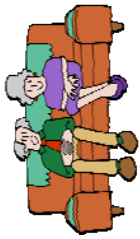
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Disclaimer: Trip dates & times subject to change. Please call the office (303-307-3240) to confirm.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 FIFTY PLUS CLUB @ 9 am Denny's (16751 E. 32 Ave., Flying J Plaza)
4	5	6	7	8	9	10
	Computer Class: Word- Create a Memo & Press Release @ 6-8pm Ad Bldg ↕				Get Off Your Buns Lunch Bunch- Cherry Cricket @ Cherry Creek- departs @ 11:30 a.m. Ad Bldg	
11	12	13	14	15	16	17
						Computer Class: Power Point 2010 Basics @ 9- 1pm Ad Bldg
18	19	20	21	22	23	24
	Computer Class: Word- Creating a Simple Report @ 6-8pm Ad Bldg ↕					<i>Trunk or Treat @ 3:00-5:00pm Oakwood's parking lot (4908 Tower Rd.)</i>
25	26	27	28	29	30	31
Get Off Your Buns day trip: White Fence Farm - departing @ 11:30am Ad Bldg						

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

Keep an eye on this website
www.gvrmetrodistrict.com/GetOffYourBuns



Get Off Your Buns

NOV
2015

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Daylight Savings Time ends -turn clocks back one hour	2	3	4	5	6	7 FIFTY PLUS CLUB @ 9 am Denny's (16751 E. 32 Ave., Flying J Plaza)
8 Large item pickup week. Please call 3-1-1 or 720-913-1311 for your collection day.	9 Computer Class: Excel Charting @ 6-8pm Ad Bldg	10 Computer Class: Excel 2010 Charting @ 6-8pm Ad Bldg	11	12	13 Get Off Your Buns Lunch Bunch-Cinzzetti's Italian-departs @ 11:30 a.m. Ad Bldg	14
15	16 Computer Class: Excel 2010 -Working with Formulas & Functions @ 6-8pm Ad Bldg	17	18	19	20	21
22 Get Off Your Buns day trip: Boulder Dinner Theatre: "The Addams Family" - departing @ 10am Ad Bldg	23	24	25	26	27 The District & HOA offices will be CLOSED both days for Thanksgiving	28
29	30					

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Get Off Your Buns

Dec 2015

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Get Off Your Buns day trip: Denver Botanical Gardens - departing @ 4:30pm Ad Bldg	5 FIFTY PLUS CLUB @ 9 am Denny's (16751 E. 32 Ave., Flying J Plaza)
6	7	8	9	10	11 Get Off Your Buns Lunch Bunch-Red Robin-departs @ 11:30 a.m. Ad Bldg	12
13	14	15	16	17	18	19
20	21	22	23	24	25 The District & HOA offices will be CLOSED for Christmas	26
27	28	29	30	31		

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UPCOMING LUNCH BUNCH

(departs the 2nd Friday of every month from the admin bldg at 11:30 am)

-October 9, 2015 – Cherry Cricket 2641 E. 2nd Ave, Denver

Please *RSVP due date: Thursday, Oct. 8, 2015* Menu price range at: \$6.50-\$11.00

A bricks and mortar testament to the definition, The Cricket's unfaltering reputation as a bastion of classic neighborhood-bar culture makes it a legacy in Cherry Creek.

-November 13, 2015 – Cinzetti's Italian 281 W. 104th Ave, Northglenn

RSVP due date: Thursday, November 12, 2015 Menu: \$15.00 pp Includes meal and one soft drink

Guests step foot into an authentic Tuscan Village centered around a cobblestone piazza with over 60 authentic Italian dishes being prepared at fourteen specialty cooking stations- all at one great price.

-December 11, 2015 – Red Robin 1491 S. Havana St.

RSVP due date: Thursday, December 10, 2015 Menu price range at: \$7-\$15

Come in and enjoy an outrageously delicious gourmet burger with Bottomless Steak Fries®. Pair it with a cold beer or signature Freckled Lemonade® - it's a duo that's sure to make you smile.

UPCOMING ADULT DAY TRIPS

White Fence Farm, Lakewood, CO: Sunday, October 25, 2015

departing @ 11:30 am returning @ 3:00 pm Cost: \$4 pp cost includes transportation only

Registration due date: Thursday, October 22, 2015

The best place in Denver, Colorado for the best fried chicken dinner and entertainment. Come in, get a number and go see the farm! Whether it's a meal for two or your whole extended family, White Fence Farm not only serves the best fried chicken, but T-bone steaks, shrimp, and much more. Don't forget about our desserts made from scratch.

Boulder Dinner Theatre - "The Addams Family": Sunday, November 22, 2015

departing @ 10:00am returning @ 3:00pm Cost: \$45pp cost includes admission, dinner and drinks.

Registration due date: Wednesday, November 18, 2015

The weird and wonderful family comes to devilishly delightful life in *The Addams Family*. Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family. A man her parents have never met. And if that weren't upsetting enough, she confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before-keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents. *The Addams Family* is a musical comedy with music and lyrics by Andrew Libba with musical numbers like: "When You're an Addams," "Where Did We Go Wrong," "One Normal Night," "The Moon and Me," "Crazier Than You".

Denver Botanical Gardens - "Blossom of Lights": Friday, December 4, 2015

departing @ 4:30pm returning @ 8pm Cost: Seniors- \$12, Adults- \$14 includes transportation and admission

Registration due date: Monday, November 30, 2015

Blossoms of Light is the perfect way to kick off the holiday season. Denver Botanic Gardens is proud to host this annual family-friendly event that has become a tradition for people across Colorado. The 2015 event features new elements, including the return of the grand illuminated O'Fallon Perennial Walk and the Romantic Gardens. Enjoy thousands of twinkling lights throughout the Gardens, as well as the always anticipated HoloSpex glasses. Warm drinks and tasty treats will also be available. Seasonal entertainment will be available on select evenings.