



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

September-October 2016

50+ Club

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

Place: Denny's (Flying J Plaza, 16751 E 32nd Avenue)

Time: 9:00 a.m.

Cost: 55+ breakfast menu under \$10.00



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.)

Sept 9, 2016 – Acorn (American)

RSVP due date: Wednesday, Sept 7, 2016 Menu price range: \$4-\$18

Located within the Source, a reclaimed 1880's foundry turned new epicurean marketplace in Denver's River North District, Acorn boasts Chef/Owner Steven Redzikowski's eclectic, contemporary American cooking in an approachable, family-friendly format, alongside Beverage Director/Owner Bryan Dayton's ingredient-driven cocktails, and handpicked selection of artisan wines and beers. Acorn's culinary and inspirational foundation is its oak-fired oven and grill, which produce a seasonal, ever-changing menu of craveable, family-style small plates and entrées

October's trip: TBD

UPCOMING ADULT DAY TRIPS

Sunday, Sept 11, 2016 – Boulder Dinner Theatre

RSVP due date: Until all tickets are sold Cost: \$45pp Cost includes transportation, dinner and entertainment. Departing at: 11:00am Sharp! Dinner @ at 12:00pm and the show starts @ 1:30pm

The follow up to the hilarious *MID-LIFE! The Crisis Musical*, *MID-LIFE 2!#WhatDidIComeInHereFor* takes us back into the middle ages once again with a hilariously tuneful look at the aches, pains, and joys of getting older. From ever-increasing trips to the doctor's office, to the horrifying moment when one qualifies for a senior discount, the ever-growing legion of aging Baby Boomers and beyond are sure to see their lives reflected in this brand new, witty musical revue. Featuring all-new, original songs: *Forty is the New Thirty*, *Nana*, *Wii-kend Warriors*, *Golf Widow Blues*, *I'd Like to Forget*, and more!

October's trip: TBD

ZUCCHINI BREAD

Preparation Time: 15 min Servings: 8 Cooking Time: 60 min

Ingredients:

1/2 cup chopped Walnuts
1-1/2 tsp orange zest
1 large egg
1/2 cup sugar
1-1/2 tbsp. unsalted butter, softened
1 cup whole cranberry sauce
3/4 cup zucchini, grated
3/4 cup whole grain flour
1 tsp baking powder
3/4 cup all purpose flour
1/2 tsp baking soda

Cooking Directions:

Preheat oven to 350°F. Combine butter, sugar, and egg in a mixing bowl. Beat with an electric mixture until fluffy. Stir in orange zest and cranberry sauce. Combine next 4 ingredients in another bowl. Fold into butter mixture until just combined. Add zucchini and walnuts and stir until combined. Spread batter evenly into a buttered 8" loaf pan. Bake about 1 hour, or until tester comes out clean when inserted in center. Cool bread on a wire rack.