



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

September-October 2017

PHOTO CONTEST IN GVR

Win a chance to have your photo in the official GVR calendar for 2018! There are so many great and beautiful places in our GVR community! Look around you and you will see them as well. Take a photo and submit it to win a chance to have your photo in our calendar. We are looking for photos from great events in GVR, all seasons, great nature shots and anything you believe to be a great entry for this contest.

Please email your photos to info@gvrmetrodistrict.com. Photos can be submitted until Wednesday, Nov. 1, 2017, by 5:30pm.

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.

The GOYB flyers can now be found on the Metro District's new website at www.gvrmetrodistrict.com. Click on the "Search" box and type in Get Off Your Buns to get "direct access" to the flyers.

FREE Computer Class Workshop

- 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

UPCOMING LUNCH BUNCH

*Departs the 2nd Friday of every month from
the admin building at 11:30am.
\$3.00 transportation fee per each trip.*

September 8, 2017 – Snooze

Address: 700 N. Colorado Blvd., Suite-A, Denver
RSVP due date: Wednesday, September 6, 2017
Menu price range: \$9-\$14

Founded by Brothers Jon and Adam Schlegel, Snooze was born on April 2, 2006 in Denver, Colorado seeking to evolve the A.M. dining experience through culinary innovation, an eclectic and energetic atmosphere and comfortable and friendly service. Breakfast marks the beginning of a new day. At Snooze, we believe life is for living and each person and each day is worth celebrating. Our mantra: it only takes a moment to make a difference. Snoozers have led the way serving creative twists on America's favorite breakfast classics in a casual, friendly and vibrant atmosphere.

October 13, 2017 – Tamayo Denver

Address: 1400 Larimer St., Denver.
RSVP due date: Wednesday, October 11, 2017
Menu price range: \$5-\$24

Our *Test Kitchen* menu delves into a region of Mexico that has influenced them through its food and heritage. Twice each year, their corporate chefs travel to a different region to research the area's culinary heritage and celebrated foods. Upon return, they taste and test to create dishes that show the story and experience of Mexico's bold flavors. Come with them on my latest journey, *Test Kitchen: Mexico City*

UPCOMING ADULT DAY TRIPS

Balistreri Vineyards: Friday, September 29, 2017

Address: 1946 E. 66th Avenue, Denver

Departing: 10:00 am

Cost: \$ 10 pp Includes tasting and transportation

Registration due date: Until spots are full
(Don't delay space is limited)

You folks will enjoy the tasting of award winning wines and a tour of their wine cellar and wine-making facilities. Followed by lunch, entrée prices ranging \$8-\$21. Enjoy delicious, seasonally inspired dishes, including small plates.

Comedy Work – South Landmark:

Saturday, October 28, 2017 *(Piff the Magic Dragon)*

Address: 5345 Landmark Place, Greenwood Village,

Departing: 6:00 pm Show starts at 7:15 pm

Cost: \$38pp

Registration due date: Until tickets are no longer available
(Don't delay tickets are limited)

Don't miss this night out of laughter, with this stand-out star of season 10 of **NBC'S America's Got Talent** was without question Piff the Magic Dragon. When it comes to Piff, think Larry David in a dragon suit (with a trademark Chihuahua named Mr. Piffles) who performs jaw-dropping magic tricks and you're on the right track.