



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

November-December 2017

50+ BREAKFAST UPDATE

By Fenna Tanner

For our November Breakfast we are asking our members to bring in their favorite recipes so we can add them to the Recipe Book we started last year. This will be a great way to collect recipes that were treasured in our families so we can share with everyone.

This year we are collecting donations for the Little Flower Assistance Center again. In the past, our group has been very generous in donating food, toiletries, bedding etc. Please bring your donation to our November/ December Breakfast.

For our December Breakfast we will be having our Christmas Party again. Please bring a gift, clearly marked if it is for a woman or man. The gift should not cost more than \$10.00.

Thank you for joining us in all the activities.

For more information please call the Metro District at 303-307-3240

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.

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 10, 2017 – Hops and Pie Address: 3920 Tennyson St., Denver Co 80212 303-477-7000

RSVP due date: Wednesday, November 8, 2017 Menu price range: \$3.15-\$22

This restaurant was featured on Diner, Drive-Ins and Dives. It has been given a five star rating. With a name like Hops & Pie, it's no shock that this Denver joint specializes in beer and pizza. However, Guy was caught off-guard by one of the menu items — the beer-braised brisket pie. His verdict was that the dough was "just remarkable," and the contrast of flavors (thick brisket, bacon, pickled jalapeno and caramelized onion) was "dynamite."



December 8, 2017 – The Berkshire Address: 7352 E. 29th Avenue, Denver, 80238 303-321-4010

RSVP due date: Wednesday, December 6, 2017 Menu price range: \$5.50-\$16

The Berkshire is on Stapleton's main street, serves fresh and inventive dishes centered on pork and bacon. In a location heavily populated with chains, this family-owned restaurant serves unique meals from scratch in a casual and trendy environment. The Berkshire has been serving Denver since December 2007. Some popular meals include their bacon flight and pork tenderloin, which is served with house-made bacon jam and roasted cauliflower. While the dishes represent American cuisine—heavy on the pig—The Berkshire does serve lighter fare as well as vegetarian dishes. In addition to serving up heaping portions of pig, they also have a fully stocked bar and draft beers and take pride in their creative cocktails.

UPCOMING ADULT DAY TRIPS



2017 Colorado Country Christmas Gift Show: Friday, November 3, 2017

Address: 451 58th Avenue, Denver CO 80216

Departing: 9:00 am **Returning:** 2:00 pm

Cost: \$ \$16.00pp **Registration due date: Wednesday, November 1, 2017**

A unique shopping experience awaits you at the Colorado Country Christmas Gift Show. There's something for every member of your family! You'll discover new gift ideas, original art, crafts, sculpture, ceramics, specialty foods, home décor, clothing, furniture, floral designs, jewelry, antiques, candles, toys and so much more.



Holiday Lights Carriage Ride Tour: Saturday, December 16, 2017

Pick-up for Carriage Ride: Golden Welcome Center **Address:** 1010 Washington Avenue Golden, CO 80401

Departing: 4:30 pm

Cost: \$ 35pp **Registration due date: Until space is taken. SPACE IS LIMITED!**

We will tour the city of Golden enjoying the beautiful Christmas lights from a horse and carriage ride. Denver Carriage has been a proud member of the community for twenty five years! With several charming horses used in rotation, from weddings, to birthday parties, to local events like the Arvada Chocolate Affair, etc.