



# Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

## July-August 2018

### UPCOMING LUNCH BUNCH

Departs the 2nd Friday of every month from the admin building at **11:00am**.

**(PLEASE NOTE - NEW TIME)**

*\$3.00 transportation fee per each trip.*

#### July 13, 2018 – Angelo's Taverna

Address: 620 E. 6<sup>th</sup> Avenue, Denver, CO 80203 - 303.744.3366

RSVP due date: Wednesday, July 11, 2018

*Menu price range: \$5-\$16*

Excerpt from their website: Angelo's Taverna, a continued tradition of great food and welcoming hospitality! We are shucking the freshest oysters in Denver, delivered daily! Varieties from the East and West coasts will surely satisfy your bivalve cravings. Try our unique Char-grilled oysters as well. Served hot and bubbling with our signature sauces, our char-grilled oysters are sure to please even a non-oyster eater.

#### August 10, 2018 – Biker Jim's Gourmet Hot Dogs

Address: 2148 Larimer St. Denver, CO 80205 - 720.746.9355

RSVP due date: Wednesday, August 8, 2018

*Menu price range: All dogs are \$7.50*

Excerpt from their website: What, exactly, defines a gourmet hot dog other than the addition of an overused adjective? How about exotic meats like reindeer, wild boar, rattlesnake, pheasant, elk, antelope, jack-a-lope and buffalo all bolstered by quirky (and delicious) toppings, including squiggles of cream cheese unloaded from a caulking gun, caramelized onions soaked in Coke (the cola version), harissa-roasted cactus, Malaysian curry jam, wasabi aioli or caramelized apples?

## **UPCOMING ADULT DAY TRIPS**

### **VegFest Colorado: Saturday, July 28, 2018**

**Address:** 1<sup>ST</sup> BANK Center 11450 Broomfield Lane, Broomfield, CO

**Departing:** 9:00am      **Returning:** 1:00 pm

**Cost:** \$ 12pp for transportation and admission

*Registration due date: Until all tickets are sold*

*Excerpt from their website:* Food, Vendors, Music, Speakers, Food Demos, Chefs, Electric Vehicles, Kids Kingdom, and Discussion Panel. A 2-day event that promotes a Plant-Based lifestyle

### **Leopold Brothers Distillery: Friday, August 24, 2018**

**Address:** 5285 Joliet St., Denver, CO      303-322-1053

**Departing:** 12:00pm      **Returning:** 3:00pm

**Cost:** \$ 8pp Cost includes tasting and transportation

*Registration due date: Wednesday, August 22, 2018*

*(We need a minimum of 5 people signed up to go on this trip.)*

*Excerpt from their website:* Leopold Bros. is a family owned and operated distillery in Denver, Colorado. We create award-winning whiskies, gins, vodka, liqueurs, fernet, absinthe and aperitivo. We malt our barley. We mill our grains. We ferment our mash. We distill everything onsite. We never add artificial ingredients. We barrel and bottle everything by hand. And we invite you to enjoy our spirits responsibly.

## **50+ CLUB POSSIBLE CHANGES!**

**Fenna Tanner & Mariann Toomey took this club over when John and Elaine Smith moved out of the state a number of years ago and have done a fantastic job!**

**But things change and they can no longer take on the job of keeping this club going. Please thank them when you see them for all their dedication to the community.**

**There may be additional changes coming that are under discussion at the time of this flyer.**