



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

September/October 2018

UPCOMING LUNCH BUNCH

Departs the 2nd Friday of every month from the admin building at 11:00am.
\$3.00 transportation fee per each trip.

September 14, 2018 – **Gaijin inside Zeppelin Station**

Address: 3501 Wazee Street, Denver Co 80216 720-460-1978

RSVP due date: Wednesday, September 12, 2018

Menu price range: Bowls start at \$14

Japanese is the choice this month. A variety of noodle bowls to choose from.

October 12, 2018 – **Chop Shop Casual Urban Eatery**

Address: 200 Quebec Street, Denver 80230 303-364-1102

RSVP due date: Wednesday, OCT 10, 2018

Menu price range: \$5-\$15

Chop Shop Casual Urban Eatery is one of Denver's premier chef driven fast casual/quick serve restaurants. They believe that great food doesn't need all the complications of a full service restaurant, and it should be comfortable enough to stay, hang out and enjoy a few adult beverages.

“DID YOU KNOW?”

Did-you-knows.com: if you try to say the alphabet without moving your lips or tongue every letter will sound the same.

Did-you-knows.com: each time you see a full moon you always see the same side.

Did-you-knows.com: all that blinking in one day equates to having your eyes closed for 30 minutes.

UPCOMING ADULT DAY TRIPS

“OVERNIGHT TRIP”

Black Hawk: Ameristar Casino Resort Spa
FRIDAY, Sept 28, 2018

DEPARTING: *FRIDAY, September 28, 2018 @ 1:00 PM*

RETURNING: *SATURDAY, September 29, 2018 @ 3:00PM*

Address: 111 Richman Street Black Hawk, CO 80422
720-946-4000

Cost: \$ 125pp Cost includes ROOM WITH A ROOMATE AND TRANSPORTATION

Registration due date: UNTIL ROOMS ARE SOLD OUT!

This beautiful resort offers a full-service day spa, in addition to Black Hawk's only hotel swimming pool, you'll discover an indoor and outdoor hot tub.

Dining at some of the finest restaurants such as the Fireside Kitchen, WayPost deli, Timberland Grill and Centennial Buffet offering a \$13.99 lunch special. Yes, there is a Starbuck on site!

Ameristar is your premier destination for entertainment and nightlife in Black Hawk, CO. They offer a variety of live events, concerts and free shows – from rock, blues to country.

1,250 slot and video machines, 40 tables games and 22 live poker tables add up to great Colorado gaming.

“DAY TRIP”

Bloody Mary Festival: *Saturday, October 13, 2018*

Departing: 3:00p **Returning @** 6:45p

Cost: \$ 53pp

Registration due date: Tuesday, October 9, 2018

(To assure tickets are available for all who registered)

Your ticket includes over 2 hours enjoying Denver's most creative and innovative Bloody Mary's, created by the finest restaurants, bars, & bottled mixes around. Includes yummy food and drink tastes from local companies and more! Lunch from local food trucks will be available for purchase.