



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

November/December 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.

November 9, 2018 – Julep

Address: 3258 Larimer Street Denver, CO 80205 (303) 295-8977

RSVP due date: Wednesday, November 7, 2018

Menu price range: \$4-\$17

Chef Kyle Foster's tribute to Southern cuisine recently opened in RiNo with a killer combination of menus for dinner, drinks, lunch, and weekend brunch. Meat eaters will enjoy the juniper and rosemary lamb or a pork and oyster sausage. But vegetables here also are a must — try the broccoli and parsnips — as are the regional cocktails.

December 14, 2018 – Bistro Georgette @Avanti Food and Beverage

Address: 3200 N. Pecos Street Denver, CO 80211 (720) 269-4778

RSVP due date: Wednesday December 12, 2018

Menu price range: \$8-\$17

The leading team behind Denver's finest French restaurant recently broke out on their own to start this bistro inside the casual Avanti food hall. Chef Ty Leon serves Lyonnaise salads, croque madame sandwiches, moules frites, and a \$17 steak suitable for white tablecloths.

UPCOMING ADULT DAY TRIPS

Arvada Center: Elf The Musical: FRIDAY, NOVEMBER 16, 2018

Address: 6901 Wadsworth Blvd. CO 80003 720-898-7200

Departing: 6:00pm Returning: 9:00pm

Cost: \$ 40pp Cost includes transportation and admission

Registration due date: *Until our tickets are sold out*

One of the most beloved movies in recent years is live on stage. The Musical is the uproarious tale of buddy, who is a child, mistakenly crawls into Santa's bag of gifts and is transported where he is raised among elves. Unaware that he is actually human.

The Source Market Place: WEDNESDAY, DECEMBER 19, 2018

Address: 3350 Brighton Blvd, Denver, CO 80216 800-570-6216

Departing: 11:00 am Returning @ 3:00 pm

Cost: \$ 3pp

Registration due date: *Monday, December 17, 2018*

A day at the Source, for lunch and perhaps the last minute shopping. Two market halls totaling 45,000 square feet make up the foundation of The Source Hotel's culinary complex, with a collection of 25 artisans including a bakery, taqueria, modern wood-fired restaurant, barber, art gallery, kitchen goods store, apparel shop, florist, brewery and barbecue

“DID YOU KNOW?”

- *Google is actually the common name for a number with a million zeros.*
- *The Shell Oil Company originally began as a novelty shop in London that sold seashells.*
- *Intelligent people have more zinc and copper in their hair.*
- *Every time you sneeze some of your brain cells die.*