



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

January/February 2019

UPCOMING LUNCH BUNCH

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

\$4.00 transportation fee per each trip.

January 11, 2019 – Super Mega Bien

Address: 1260 25th Street Denver, CO 80205 (303) 295-8977

RSVP due date: Wednesday, January 9, 2019

Menu price range: \$4-\$17

Transportation cost changed to \$4

At Chef Dana Rodriguez' playful new restaurant, pan-Latin American dim sum is on special. The small plates of Mexican, Puerto Rican, and Peruvian dishes come rolling out on colorful carts. They can be paired with big bowls to share (see hot stone fish stew) and large-format punches and sangrias.

February 8, 2019 – The Rotary

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

RSVP due date: Wednesday February 6, 2019

Menu price range: \$8-\$15

Transportation cost changed to \$4

Avanti's newest food stall serves churrasco-style rotisserie meats and side dishes that will make for a comforting meal all winter. Diners should start with the brown butter potato chips with parmesan and garlic before moving on to a chicken platter with chimichurri or peri sauce and lemon arugula salad. Diners at the food hall should also try the new Bistro Georgette, a casual French restaurant.

UPCOMING ADULT DAY TRIPS



The Money Museum @ the Federal Reserve Bank:

FRIDAY, JANUARY 25, 2019

Let's do lunch too at "**Rock Bottom Restaurant & Brewery**"

Address: 1020 16th Street Denver, CO 80202

Departing: 10:00am **Returning:** 2:00pm

Cost: \$ 4pp Cost includes transportation admission is free, lunch is on you.

Registration due date: *Until the bus is full!*

The Money Museum at the Federal Reserve Bank of Kansas City – Denver Branch offers a unique and up-close look at the nation's financial system in action. Visitors can learn more about the Fed, view aspects of the payments system and discover how the Fed promotes a healthy economy which positively impacts our daily lives.



Stanley Market Place:

FRIDAY, FEBRUARY 22, 2019

Address: 2501 Dallas Street, Aurora CO.

Departing: 11:00 am **Returning @** 2:00 pm

Cost: \$ 4pp

Registration due date: *As soon as the bus is full!*

We have 50+ spectacular businesses under one spectacular roof, all dedicated to serving their customers with attention and care. From beauty services, to classes, computer repair, dozens of restaurants and much, much more!

"DID YOU KNOW?"

- ◇ It's been proven that people can lessen reactions to allergies by laughing.
- ◇ In the middle ages, people would pin the name of their sweetheart to their sleeve on Valentine's Day and keep it there for a week, hence 'wearing their heart on their sleeve'.
- ◇ Astronauts can't belch- there is no gravity to separate liquid from gas in their stomachs.
- ◇ Offered a new pen to write with, 97% of all people will write their own name.