



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

March/April 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.



March 8, 2019 – El Taco De Mexico

Address: 714 Santa Fe Drive, Denver, CO 80204 (303) 623-3926

RSVP due date: Wednesday, March 6, 2019

Menu price range: \$ unknown

They are a family owned restaurant which opened in Denver, Colorado in 1985. Their flavors come from Mexico City with a rich culinary history. They have all the typical Mexican fare you have come to expect from a Mexican restaurant; Enchiladas, Chile Rellenos, Tacos, Burritos, Tamales and the not so typical Gorditas, Synchronizadas, Chilaquiles & Sopes. They have indoor dining and a nice patio with many prominent Mexican artist work as decoration outside.



April 12, 2019 – Zoe Ma Ma – Cuisine: Dim Sum

Address: 1625 Wynkoop St. Denver, CO 80202 (303) 545-6262

RSVP due date: Wednesday, April 10, 2019

Menu price range: \$2-\$15

Inspired by his mother's love, he wishes to share with you her signature dishes and delicious home cooking. Unlike Americanized Chinese restaurants, they freshly prepare Ma Ma's dishes with high quality ingredients that include fresh homemade organic noodles, cage-free eggs, and all-natural meats. Its quality for your tummy and its Ma Ma approved.

UPCOMING ADULT DAY TRIPS



Stem Ciders : SATURDAY, MARCH 16, 2019

Address: 2811 Walnut Street Denver, CO 80205

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

Cost: \$ 4pp *Cost includes transportation. Food & drinks on you.*

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

At Stem Ciders, they are committed to creating ciders of the highest quality that honor the purity and complexity that is inherent to the apple. They can't wait to introduce to you the perfect cider match. They are dedicated to reviving the cider tradition, which goes far beyond what you enjoy in your glass. They hold their growers in the highest regard, and by fostering relationships with them they reward their hard work and promote the regrowth of heirloom apple cultivation. They love their home-base in Denver, and embrace the Colorado lifestyle that makes them lug a bottle to share up a mountain to enjoy a drink with a view. Most importantly, they love nothing more than seeing that smile on your face when you have your first sip of one of their crisp, refreshing ciders.



The Money Museum @ the Federal Reserve Bank:

{*RESCHEDULED*} FRIDAY, APRIL 26, 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

“DID YOU KNOW?”

- ◇ If you were to roll a lung from a human body out flat it would be the size of a tennis court.
- ◇ Honey is used as a center for golf balls and in antifreeze mixtures .
- ◇ The original reason for tablecloths was as a towel to wipe one's fingers and hands on after eating.
- ◇ The bark of a redwood tree is fireproof. Fires that occur in a redwood forest take place inside the trees.