



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

September/October 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.

September 13, 2019 – Four Friends Kitchen

Address: 2893 Roslyn Street. Denver, CO 80238 303-388-8299

RSVP due date: Wednesday, September 11, 2019

Menu price range: \$6-\$16

It all began one day when four friends wanted to take their families to a good brunch that was in the neighborhood and family friendly. Realizing the options with those qualities were limited, the four friends began hatching a plan, and with a lot of love and patience, Four Friends Kitchen was born.

We are locally owned and dedicated to serving up great southern-inspired, contemporary American comfort food for breakfast, lunch and weekend brunch. Welcome to our restaurant, we hope you will love it as much as we do.

October 11, 2019 – Hungry Wolf BBQ

Address: 9865 Hampden Ave. Denver, CO 80231 303-750-2344

RSVP due date: Wednesday, October 9, 2019

Menu price range: \$4-\$18

Welcome to the Hungry Wolf BBQ. We are a family owned business, offering only the best of the best soul-food southern cooking style. All of our meat is hickory smoked and we are the home of the Hungry Wolf BBQ sauce. The Hungry Wolf staff appreciates your business... Enjoy!

Lunch Bunch sneak peek:

Nov 8: Dad & Dudes Breweria

Dec 13: Guadalajara

UPCOMING ADULT DAY TRIPS

Boulder Dinner Theatre–Beauty & The Beast SUNDAY, SEPT 15, 2019

Address: 5501 Arapahoe Ave., Boulder, CO 80303 303-449-6000

Departing @: 10:30 am **Returning @:** 3:00 pm

Cost: \$58pp Cost includes transportation, admission and dinner

Registration due date: *Thursday, August 29, 2019 must be paid in full*

“**Be Our Guest!**” The Academy Award-winning film comes to life in this romantic and beloved take on the classic fairy tale. Step into the enchanted world of Broadway’s modern classic, *Disney’s Beauty and the Beast*, an international sensation that has played to over 35 million people worldwide in 13 countries. Based on the Academy Award-winning animated feature, the stage version includes all of the wonderful songs written by Alan Menken and the late Howard Ashman, along with new songs by Mr. Menken and Tim Rice. The original Broadway production ran for over thirteen years and was nominated for nine Tony Awards, including Best Musical.

The classic story tells of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed into his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.

Fall Festival-Anderson Farms: FRIDAY, OCTOBER 25, 2019

Address: 6728 County Road 31/4, Erie, CO 80516 303-828-5210

Departing @: 10:00 am **Returning @:** 3:00 pm

Cost: \$ 13pp Cost includes transportation, admission, wagon ride and pumpkin. ***The farm has a concession stand/lunch is on you.***

Registration due date: *October 23, 2019*

Anderson Farms is one of Colorado’s largest pumpkin patches and offers miles of beautiful scenery. Come and enjoy time on a private wagon out to the pumpkin patch on one of our wagons pulled by an antique Oliver tractor. With 30 acres of pumpkins and over 70 different varieties of pumpkins, squash and gourds, you’ll be sure to find what you’re looking for!

*Option to upgrade your ticket and participate in the corn maze. Please contact Teri for details on upgrading.

Adult day trips sneak peek:

Nov 22: Denver Museum of Nature & Science

Dec (date TBD): Color Me Mine

**To register for a trip, please call
Karen Jordan at 303-307-3249 or Teri Cordova at 303-307-3242.**