



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

November/December 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.

November 8, 2019 – Dad & Dudes Breweria

Address: 6730 S. CornerStar Way Suite D. Aurora, CO 80016 303-400-5699

RSVP due date: Wednesday, November 6, 2019

Menu price range: \$6-\$16

To newcomers, our place is located in a suburban shopping mall. To us, it stands on hallowed home turf. Long before Cornerstar Shopping Center was built, the ground below our breweria was home to cows, soccer fields and even a paintball field. This is where our family enjoyed our time together.

When developers decided to take the land away, we saw an opportunity to preserve one little piece of our neighborhood's past. So we raised our flag smack dab in the middle of their mall. Our brewery and pizzeria is a refuge for the suburbanite. A no-pretentions mix of old-town pizzeria, off-the-beaten-path tavern and small batch brewery.

December 13, 2019 – Guadalajara

Address: 1001 S. Abilene St., Aurora CO 80012 303-696-0903

RSVP due date: Wednesday, December 11, 2019

Menu price range: \$4-\$15

Welcome to one of three Guadalajara's in Colorado family owned. Great dining experience with Authentic Mexican Food.

Lunch Bunch sneak peek:

Jan 10: Edgewater Inn

Jan 24: Benihana

UPCOMING ADULT DAY TRIPS

Gaylord of the Rockies ICE! FRIDAY, NOVEMBER 22, 2019

Address: 6700 N. Gaylord Rockies Blvd. Aurora, CO 80019 720-452-6900

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

Cost: \$19pp Cost includes transportation and admission. Lunch on your own. Lunch after at Crepe Montmartre located at 3751 Tower Rd. Denver, CO 80011

Menu Price Range: \$6-\$13

Registration due date: Tuesday, November 5th, 2019 *MUST BE PAID IN FULL AND NO REFUNDS AS TICKETS WILL NEED TO BE PURCHASED.*

Experience favorite scenes from Rudolph the Red-Nosed Reindeer brought to life in this winter wonderland carved from more than two million pounds of colorful ice as you walk through the attraction kept at a wintry 9 degrees. Crafted by master artisans who travel across the globe from Harbin, China, families can enjoy spectacular holiday scenes, colorful characters and ice slides! Complimentary parkas are provided for both children and adults to help keep you warm.

We will also walk around the Gaylord to look at all the holiday décor. Lunch will be at Crepe Montmartre located at 3751 Tower Rd. Denver, CO 80011. We will leave the Gaylord after the ICE! Attraction and head to lunch offsite to the local Crepe restaurant.

****UPDATE ON LUNCH BUNCH/DAY TRIPS FOR 2020****

GVR Get Off Your Buns will be trying something new for the 2020 year. We will start offering two Lunch Bunches per month starting January 2020 (the 4th Friday replacing the Adult Trip). These will be held the 2nd and 4th Friday's of each month.

Once a quarter, now we will offer an Adult Day Trip. Please make sure to read your GOYB Newsletter to refer back to locations, days and times of upcoming events. I look forward to a wonderful New Year with you all!

Adult Day Trip sneak peek:

February 28, 2020: Punch Bowl Social

April 9, 2020: Denver Zoo

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