

Travel & Events

A Publication of GoldCare 55+



Islands of New England

Featuring 8 days exploring beautiful New England. Sign up by March 15!

Kentucky Derby

Join us for the Fastest Two Minutes in Sports at the 145th Kentucky Derby!

Lunch 'N Learns

GoldCare members are always learning! Join us for Lunch 'N Learn for the latest news in healthcare.

**2 Sign-Up Days
for 2019 are
November 15, 2018
January 10, 2019**

Travel & Events

Aging teaches us many things but one lesson remains true for everyone: change is part of life. We have all had to adapt to changes in our lives, from major upheavals to small bumps in the road. Difficult or easy, life is always in flux.

All of that to let you know the face of GoldCare 55+ is changing but, hopefully, the quality of our popular and informative program will remain the same positive experience it has been since its formation in 1993. Coordinator extraordinaire Shirley Holland will retire in December leaving her responsibilities for planning and implementing Lunch 'N Learns, events and travel to me.

As a senior myself now, I am looking forward to working with the GoldCare membership. In my new role as coordinator, I look forward to our interactions at Lunch 'N Learns and events. I look forward to sharing new memories with you that are, inevitably, a part of each and every GoldCare trip.

Peggy Hudson, an already familiar face to you, will continue to be involved in GoldCare as the administrator of the program. Peggy will be your contact for all aspects of registration and payment of fees. Peggy can be reached by phone at 256-571-8025 or by email at peggy.hudson@mmcenters.com.

I know we all will miss Shirley and wish her the very best. I predict - because she is my neighbor and friend - I will continue to see her often and I anticipate her remaining a traveler with GoldCare 55+.

In the meantime, if you have ideas you'd like to share for Lunch 'N Learn topics and/or have suggestions for exciting new destinations you'd like to see on our travel itinerary, I can be reached by phone at 256-571-8018 or by email at rose.myers@mmcenters.com

Rose Myers

Rose Myers
GoldCare 55+ Coordinator



Many members know me from my previous job at RSVP, where I was volunteer coordinator. Before that, I worked as a website manager at The Arab Tribune, as a freelance writer and for a few years as a bookstore owner in Arab. That came on the heels of a 15-year career as a reporter for The Birmingham News, a job I started as an intern before I graduated from UAB with a journalism degree in 1988. As marketing coordinator for Marshall Medical Centers, my job is to write about what's going on in our hospitals. I will continue in that position as I assume these new responsibilities with GoldCare 55+.



Milltown Music Hall - Dinner & Collin Raye – February 16, 2019

Treat yourself and/or your sweetheart to this heartfelt soulful valentine experience.

One of GoldCare 55+ members' favorite music halls presents Collin Raye, one of the true hit makers since 1990. Raye continues to crank out soulful, heartfelt music with his signature richness. With 24 top ten records, 16 #1 hits and 10 male vocalist of the year nominations, he remains one of the great voices of our time. A couple of

number one hits were "Love Me" and "I Can Still Feel You." Katie Deal is the opening act, a lover of traditional country music and a songwriter. Our meal prior to the show will be provided by Chef Joshua D. at the M & W Cafe located on-site in a comfortable, friendly venue.

Full payment due at registration on or before January 16, 2019. Cost \$129.



Chicago Broadway Musical, Museum & Classic on Noble – March 24, 2019



The day starts with a gourmet buffet at the award winning Classic on Noble, Anniston's fine dining destination in a beautifully renovated historic building downtown. After an amazing meal, we will tour the Museum of Natural History for a much needed walk after brunch. So much to see, explore and digest. We will top off our day with the national tour of Chicago the Broadway Musical at the Oxford Performing Arts Center. Chicago is the winner of six Tony Awards including Best Musical Revival, two Oliver Awards, a Grammy and thousands of standing ovations! Chicago has everything that makes Broadway great: a universal tale of fame, fortune and all that jazz! One show-stopping song after another and dancing like you've never seen.

Full payment due at registration on or before February 20, 2019. Cost \$139.

Mystery Trip! – April 11, 2019

Are you ready to try something new? How about going on a trip without knowing the destination? GoldCare 55+ members, it's time for a little adventure and fun! This evening will provide more than just a great meal! Relax and enjoy the ride. "We've got this."



Full payment is due at registration on or before March 1, 2019. Cost \$129.

Kentucky Derby – May 2-5, 2019

Featuring 3 nights and 4 days to experience the fastest two minutes in sports.

The Kentucky Derby is an extravagant springtime sports party, and one of America's most celebrated events. While there is a horse race at the heart of this spectacle, there are many more intriguing aspects within this Louisville tradition. It's a festival and fashion show, it's about horses, mint juleps, riverboats and food.

Highlights include

- Reserved Seating
- Derby Day Riverboat Race
- Louisville Slugger Museum
- The Hermitage Thoroughbred Nursery
- Lunch at Claudia Sanders Dinner House
- Undulated Horse Farm
- "Off to the Races" Dinner Party
- Chocolate Hotel Reception
- Derby Hat Boutique.

Isn't it about time you experience it?

Please note this trip requires walking to be enjoyed.

Final payment is due on or before January 1, 2019.

Occupancy:

Double \$1,949 | Triple \$1,749 | Single \$2,249

Please call for information or to get on the waiting list for this once-in-a-lifetime **Sold Out** adventure!



Southern Belle Riverboat Cruise – September 28, 2019



Ahoy! The Southern Belle Riverboat is one of Chattanooga's top attractions and is the only way to enjoy the picture perfect views of Lookout Mountain, the beauty of the river, fall colors and gain a different perspective of the city. The food and service are exceptional. This special cruise will offer live entertainment, a sumptuous menu, three levels for your choice of inside or outside viewing and a bonus game of bingo.

Hunter Museum of American Art is our next stop via your choice of a walk on the glass bridge overlooking the interstate below or valet service to the front entrance of the museum.

Full payment due at registration on or before August 29, 2019. Cost \$99.



Islands of New England October 11 – 18, 2019

Featuring 8 days – 11 meals included. This trip will include Providence, Newport, Boston, Cranberry Bog, Plimoth Plantation, Cape Cod, Martha's Vineyard, a lobster dinner, Provincetown, your choice of Hyannis or Nantucket tours.

Itinerary at a glance

Day 1: Rhode Island - Providence. Discover the natural beauty that lies along the shores of New England. Come to know its coastal charm, friendly people and fresh-from-the-sea cuisine.

Day 2: Newport – Providence. Take a drive along breathtaking Ocean Drive and Bellevue Avenue lined with extraordinary 19th-century summer "cottages," and seven mansions designated National Historic Landmarks.

Day 3: Providence – Boston. Tour highlights Beacon Hill, the Old South Meeting House, Boston Public Garden, the historic North End, Old North Church, the USS Constitution and Faneuil Hall Marketplace.

Day 4: Plymouth - Massachusetts, Cape Cod. Experience the days of the Pilgrims with a visit to Plimoth Plantation, a re-creation of a 17th-century village. Later, arrive at your beachfront hotel for a 4-night stay.



Day 5: Cape Cod – Martha's Vineyard. A local guide will show you all the highlights of "the Vineyard" – as the locals call it – including gingerbread-styled cottages and a whaling port resplendent with sea captain's homes and widow's walks.

Day 6: Cape Cod – Provincetown. This artist colony remains famous for its crafts and bright seagoing flair. Choose a whale watch cruise taking you to Cape Cod Bay or opt for a scenic adventure through the iconic sand dunes of the Cape.

Day 7: Cape Cod – Hyannis, Nantucket. See famed Hyannisport, home of the Kennedy compound, and visit the Kennedy Memorial. Learn how to cook like a New Englander during a chef-led cooking demonstration before sitting down to your farewell dinner.

Day 8: Your tour comes to a close as you leave for home.

Occupancy:

Double \$2,999 | Triple \$2,969 | Single \$3,799

A \$500 deposit is due at registration on or before March 15, 2019.

Final Payment due July 12, 2019.

(Insurance Protection is \$275. Must be purchased at registration.)

Mystery Trip! – November 7, 2019



On to our next secret adventure! Plan to come along on our Fall Mystery Trip which will be a day trip leaving early and returning you home early evening. Take joy in the great friends, food and our undisclosed locale. For the venturesome spirit!

Full payment due at registration on or before October 3, 2109. Cost \$119.

Classic Danube River Cruise with Oberammergau Passion Play – June 1-11, 2020

Featuring a 6-night Danube River Cruise, Budapest, Bratislava, Vienna, Passau and Munich. 2020 is the year once again the tiny Bavarian hamlet of Oberammergau takes the world's center stage. Don't miss out on this once-in-a-lifetime experience. **Sold Out**, but a waiting list is now open for all cabin types. Call for information on how you may still be able to go.



VERY IMPORTANT INFORMATION

Refunds

We realize emergencies do occur. If you have made a deposit or paid in full for a trip and find you will be unable to attend, refunds can be issued if:

- 1) You are able to find someone to replace your space(s) on the trip.
- 2) We have a waiting list and are able to fill the space for you.

Due Dates

Payment Due Dates have been noted next to each trip. If the payment has not been received by the due date, you will be removed from the list and the space will go to the next person in line.

Travel Insurance

GoldCare 55+ does not offer travel insurance. We have listed below the names and contact information of two companies who do offer travel insurance so that you may contact them directly.

Travel Guard
1-800-826-1300
travelguard.com

Allianz
(formerly Access America)
1-866-884-3556
allianztravelinsurance.com

Collette travel insurance will be offered on each Collette trip.

How to make your payment

Checks are the preferred method of payment. Make your check payable to GoldCare 55+ *Please include a note with your check to define which event you are paying for. If you are paying for more than one person, be sure to include that information and the name of each individual.

Mail check to:
Marshall Medical Centers
Attn: Peggy Hudson, GoldCare 55+
2320 Homer Clayton Drive
Guntersville, AL 35976

If your only method of payment is cash, please pay at the front desk at either Marshall Medical Center North or Marshall Medical Center South.

Mileage Club 2019 January 1 to December 31, 2019

The Marshall GoldCare 55+ Mileage Club is designed to encourage and reward consistent moderate exercise for our members. Every exercise activity completed for 20 minutes uninterrupted counts as one mile. Use the chart to keep up with your miles and types of activities you are participating in. You can exercise at TherapyPlus, at home or away. All exercise counts. Mail your form in when you complete 100 and/or 250 miles.

Brochures with mileage, tracking form and a description are available for you at any TherapyPlus location or by calling our GoldCare 55+ office at 256-571-8025 or 256-753-8025 for Arab area

Better health is your main reward, so get started this year! You will also have a chance to be in our 100 mile club or win the 2019 Mileage Club T-shirt. These are special because you can't buy them, you can only earn them. T-shirts will be ready by February 1, 2020.

Mail a copy of your form to our office upon completion. Be sure to include your T-shirt size.

The benefits of regular, moderate exercise are incredible. Exercise can help you feel happier, impact weight loss, improve muscle tone and bone strength. Exercise reduces your risk of chronic disease, enhances skin health, memory, relaxation, sleep and reduces pain.



Marshall GoldCare 55+ has big benefits!

At Marshall Medical Centers we believe seniors deserve special treatment. That's why we've developed GoldCare 55+... a program created to allow people 55 or older to get the most out of life. GoldCare 55+ reaches out to area seniors by promoting a healthy and independent lifestyle. Members benefit from free health screenings, discounts on wellness events, better access to Marshall Medical Centers services and more.

Invite your friends who are 55 or older to take advantage of all the benefits our GoldCare 55+ program has to offer. For more information visit our website at mmcenters.com/services/goldcare to download a brochure or call 256-571-8025 or for Arab area residents 256-753-8025.

Comprehensive Benefits:

- Meal Ticket - free meals upon request for one person staying with you while you are an inpatient at MMC
- Emergency Response System - Free installation and discounted monthly service fees
- Discounts on Wellness & Fitness Programs
- Free Health Screenings
- Quarterly Newsletter
- Travel options & discounts
- Special Events: Annual Senior Health & Fitness Day, Lunch 'N Learns, holiday parties and more

Marshall GoldCare 55+ members are always learning!

2019 Lunch 'N Learns

*The Guntersville Senior Center
1500 Sunset Drive – Guntersville, AL
(or other locations as noted)*

*Doors open at 11:15 am Lunch at 11:30 am Program begins at noon.
Must make a reservation at least one week in advance. Cost \$5.00*

THURSDAY, JANUARY 10

SECOND SIGN UP DAY FOR 2019 TRIPS

11 am to 2 pm

Location: Marshall Medical Center North,
Board Room

Register for all Lunch 'N Learns by January 14
to receive your first one free.

THURSDAY, JANUARY 24

"Continuity of Care? What you need to know"

Amie Head

Marshall Home Care

THURSDAY, FEBRUARY 21

"Keep Your Heart Happy"

Dr. Kathleen Evans, cardiologist

Heart Center

THURSDAY, MARCH 21

"Colon Cancer Awareness"

Dr. Ben Shepard, gastroenterologist

Medical Specialists of North Alabama

THURSDAY, APRIL 18

"Medical Decisions and Life Consequences"

Dr. Bernice Craze

THURSDAY, MAY 16

"Senior Health & Fitness Day"

Location: Civitan Park

Sunset Drive – Guntersville, AL

No cost but please RSVP to attend.

Lunch provided

THURSDAY, JUNE 20

"Summer Party"

Location: Guntersville Senior Center

1 to 3 pm. Cost: \$10

THURSDAY, JULY 18

"Get Smart about Antibiotics"

Dr. Amanda Storey

Grant Primary Care

THURSDAY, AUGUST 15

"Caring for Elderly Parents"

Hollie Powell

Director of Care Coordination

Marshall Medical Centers

THURSDAY, SEPTEMBER 19

"Prostate Cancer Awareness"

Dr. Mike Myers, urologist

Medical Centers Urology Clinic

THURSDAY, OCTOBER 24

"Breast Cancer Awareness"

Marshall Cancer Care team

THURSDAY, NOVEMBER 21

"Holding Out Hope – Living with Diabetes"

Mark Brock, RN, MMC Wellness Coach

Marshall Medical Centers

SIGN UP DAY FOR 2020

FRIDAY, DECEMBER 6

GoldCare 55+ Christmas Party

Location: Gunter's Landing Clubhouse, Guntersville, AL

Doors open at 4:30 pm

Dinner at 5 pm

Cost: \$15

For more information call us at 256-571-8025 or 256-753-8025 for Arab area residents.



**LUNCH
& LEARN**