

2018 Edition

Travel & Events

A Publication of GoldCare55+

Alaska by Land and Sea

Featuring a 7-Night Princess
Cruise – Deadline is November 16

Chicago

Enjoy a guided tour of Chicago's
unique and remarkable landmarks.
Stroll through Chicago's Millennium
Park on a walking tour.

Blue Ridge Mountains

See the Fall leaves change in style!
All aboard the Blue Ridge Scenic
Railway.

**Sign-Up Day
for 2018 is
November 16,
2017!**

Welcome to
Travel & Events
a service of your GoldCare55+

Many GoldCare55+ travelers have shared with me stories about going through difficult times from losing a spouse to devastating family illnesses. As they worked their way through the grief, stress and loneliness, they found that somehow taking a trip gave them a new, refreshed outlook. Getting out with others who have shared interests and experiences made a difference in their lives and wellbeing. Having something to look forward to is life changing.

“Travel is the only thing you can buy that makes you richer.”

That’s really why I like doing what we do in the GoldCare55+ program. It’s the ministry end of it. It’s bringing people together, providing safe avenues for meeting friends and expanding opportunities to live well.

Frequently members tell me what they like best about traveling with our group is that they don’t have to plan anything – no reservations, no arrangements and no driving. They hop on a bus and go. Now that’s a vacation!

Just as important are the health aspects of being a part of GoldCare55+. Monthly Lunch ‘n Learns provide more than a meal to enjoy with people of your same age range. Speakers offer useful information on health, exercise, nutrition and cutting edge medical trends and tips. Getting regular workouts at TherapyPlus is beneficial for your body and can be a social outlet. Those are the tools we all need to live healthful, happy lives. A significant side benefit is the chance to make new friends and lasting memories.

“One’s destination is never a place, but a new way of seeing things.” – Henry Miller

Thank you for a wonderful year. We’re looking ahead to another one in 2018. Friends, food and fun are the fortunes of life. Let’s make that our mission as we finish this year and travel into the next!

Shirley Holland

Shirley Holland
GoldCare55+ Coordinator



As GoldCare55+ Coordinator, Shirley Holland brings together fresh and exciting ways to help seniors live exceptional lives. From informative monthly luncheons and themed-parties to well-planned travel opportunities that are easy and exciting.

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 by 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

GoldCare55+ 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. Please make your check payable to GoldCare55+ *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: Shirley Holland, GoldCare55+
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.

“The Sound of Music” – January 23, 2018

Rodgers & Hammerstein’s Classic Musical – National Broadway Tour – at the Oxford Performing Arts Theatre in Oxford-Anniston, Alabama. The Sound of Music is the most notable iconic Broadway production of all time. The production opened in 1959 and won five Tony Awards. This tour pays homage to the original! An incredible 5 star dinner at Classic on Noble is provided prior to the play.



Full payment due at registration on or before December 8, 2017. Cost \$139

“The Gatlin Brothers” & Barbecue! – March 3, 2018



Larry Gatlin & the Gatlin Brothers have been dazzling audiences for more than 60 years.

Winner of the top male vocalist of the year by the Academy of Country music. Milltown Music Hall will host this memorable evening in Bremen, Georgia. Dinner is included prior to the show.

Full payment due at registration on or before February 1, 2018. Cost \$127

Mystery Trip! – April 12, 2018

This will be a day trip leaving in the morning and returning before late evening.

Full payment due at registration on or before March 2, 2018. Cost \$127





Alaska by Land and Sea May 22 – June 3, 2018

Featuring a 7-night Princess Cruise
Deposit of \$750 due November 16.

Culinary Inclusions

- Revel in an evening of entertainment at the Music of Denali Dinner Theater.

Collette Experiences

- Enjoy an unforgettable rail journey from Denali to Talkeetna in a luxury domed railcar.
- Enjoy an expert guided Tundra Wilderness Tour in Denali National Park.
- Relive Alaska’s Gold Rush days in historic Skagway.

Must-See Inclusions

- Relax aboard a 7-night Princess Cruise — your fabulous floating resort.
- Cruise past Hubbard Glacier, one of Alaska’s advancing glaciers.
- Sail through Glacier Bay, a treasure trove of glaciers and coastal islands.



View the incredible landscape from glass-ceiling railcars and open-air observation platforms as rail guides provide expert commentary.

Highlights:

Fairbanks, Sternwheeler Discovery, Music of Denali Dinner Theatre, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage

Itinerary at a glance

- Day 1** Fairbanks Hotel, Fairbanks, Alaska
- Days 2, 3** Denali Princess Wilderness Lodge, Denali National Park, Alaska
- Day 4** Anchorage Hotel, Anchorage, Alaska
- Days 5-11** Princess Cruises, Seattle, Washington
- Day 12** Seattle Hotel, Seattle, Washington

On some dates alternate hotels may be used.

*Inside Cabin Rates: **Double \$4,699**; Single \$6,799*

*Outside Cabin Rates: **Double \$5,449**; Single \$8,149*

*Balcony Cabin Rates: **Double \$5,749**; Single \$8,749*



Chicago – Thursday, August 30 – Monday, September 3, 2018

Stop for the night in Louisville, Kentucky, and drive a few hours to Chicago after breakfast Friday. We'll stay at the historic Palmer House Hotel in mid-town. Highlights include a guided tour of the Chicago Art Institute and a visit to the tallest building in the western hemisphere, The Skydeck at Willis Tower.

Saturday we'll take a Chicago Sightseeing Tour and enjoy lunch at Navy Pier, followed by an afternoon of sightseeing and dinner at Harry Caray's. The evening is open after dinner. Theater tickets might be an option.

Sunday we board the Chicago Architectural Boat Cruise and eat at the Derby Dinner Playhouse.

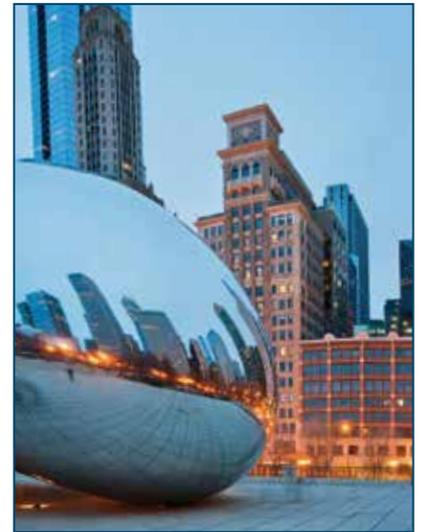
Price includes transportation, driver tips, luggage handling, 2 nights Drury Inn, 2 nights Palmer House Hotel, 3 breakfasts, 2 dinners and 2 nights of appetizers upon arrival at hotels.

Deposit of \$200 due on or before June 1, 2018

Final Payment due July 2, 2018

(Per person-with a minimum of 30 guests.)

Double: \$995 | Triple: \$895



Mystery Trip! – October 11, 2018

Evening Mystery trip. Good food is always included!

Full payment due at registration on or before September 1, 2018. Cost \$129



Blue Ridge Scenic Railway and Gibbs Gardens – November 7-9, 2018



All Aboard! There is no better way to see the leaves changing than on the Blue Ridge Scenic Railway! This 26-mile round-trip journey winds through charming mountain villages and along the beautiful Toccoa River in your choice of vintage, climate-controlled rail cars or open-air rail cars. Passengers have a 2-hour layover for lunch with plenty of time to eat, shop for unique crafts and antiques, snack on ice cream or walk across the old bridge in town to view the river.

Another beautiful destination on our trip is Gibbs Gardens, one of the nation's largest private gardens. With 24 ponds, 32 bridges and 19 waterfalls, it's world class. Numerous

garden rooms are planted with hundreds of varieties of plants and are carved into pockets surrounded by acres of deciduous trees that provide spectacular fall color. Afterwards, see Dahlonega, Georgia, a jewel set in the North Georgia mountains.

Three days with two nights lodging, three breakfasts and two dinners, admission to Gibbs Garden and preferred seating on The Blue Ridge Scenic Railway: \$100 Deposit due at registration on or before August 15, 2018. Balance is due October 1, 2018.

Double \$549 | Triple \$489 | Single \$689

Big trips to look forward to in the coming years!

Kentucky Derby for 2019

Thursday, May 2 – Sunday, May 5, 2019

“The most exciting two minutes in sports and much more!”

3 Days • 6 Meals • \$100 deposit due August 1, 2018

Highlights: Derby Day Riverboat Race, Barbecue and Country Music, Louisville Slugger Museum, Tours of the Hermitage Thoroughbred Nursery, Undulata Horse Farm, lunch at Claudia Sanders Dinner House, a Derby hat boutique, and an “Off to the Races Dinner Party” with the Kentucky Derby Museum. Churchill Downs VIP Fast Access pass.

Second payment of \$350 due December 15, 2018

Balance due February 1, 2019

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



Islands of New England for Fall of 2019

Step back in time in the town of Plymouth where the Pilgrims landed in 1620. Visit a working New England cranberry bog, a thriving crop of Cape Cod. Join a local guide who will introduce you to the charming, once-famous whaling port - “the Vineyard.”

8 Days • 11 Meals • Deposit \$500

Approximately \$2,999 including air fare

Deadline to be announced when price is confirmed.

Highlights: Providence, Newport, Boston, Cranberry Bog, Plymouth Plantation, Cape Cod, Martha's Vineyard, Lobster Dinner, Provincetown



Classic Danube River Cruise with Oberammergau Passion Play for Fall of 2020

featuring a 7-night Danube River Cruise, Budapest, Bratislava, Vienna, Passau and Munich.

11 Days • 24 Meals • Deposit: \$750

Lower Level \$6,549 (Double) | Middle Level \$6,999 (Double)

In-house reservations and payment options beginning November 16, 2017.

It's time to get ready. The year 2020 may seem like it's a long time away, but the tiny Bavarian hamlet of Oberammergau is already preparing for their world-famous Passion Play, which is only performed every 10 years.



Marshall GoldCare55+ members are always learning!

2018 Lunch 'n Learns

The Guntersville Senior Center

1500 Sunset Drive – Guntersville, AL

(Doors open at 11:15 a.m., Lunch at 11:30 a.m., Program begins at noon.)

Must make a reservation at least one week in advance. Cost \$5.00

THURSDAY, JANUARY 18

“Techno Support & How-To Clinic”
Kim Bunch
Director of Information Technology
Marshall Medical Centers

THURSDAY, FEBRUARY 15

“Heart Health - Benefits of Moderate Exercise”
Marsha Chadwick
Director of TherapyPlus
Marshall Medical Centers
New: Join your GoldCare55+
“Mileage Club”-“A Walk in the Woods-Hiking Club”-
“Pink Pumpkin-1 mile Fun Walk Team”

THURSDAY, MARCH 15

“Healthy Living Cooking Class”
Chef Joseph Vance
Marshall Medical Center South

THURSDAY, APRIL 19

World Health Month -“Close to Home Advances”
Nancy Stewart
Marshall Medical Centers Board of Director Member

THURSDAY, MAY 10

“Senior Health & Fitness Day”
Location: Civitan Park
Sunset Drive – Guntersville, AL
No Cost but please RSVP to attend.
Lunch provided

THURSDAY, JUNE 14

“Summer Party”
Location: Guntersville Senior Center
1 p.m. to 3 p.m. Cost: \$10

THURSDAY, JULY 19

Save Lives, Give Blood.
Derek Daugherty & Amanda Hanners
LifeSouth Blood Drive Partners

THURSDAY, AUGUST 16

“The Value of Volunteering”
Betty Hendrix
Retired teacher and State Volunteer Board President
Marshall Medical Centers Volunteer

THURSDAY, SEPTEMBER 20

“Feeding the Body & Soul”
Nancy Stewart
Marshall Medical Centers Board Member

THURSDAY, OCTOBER 18

“The Best Protection is Early Detection”
Marlana Holsinger R.T.(R)(M)
Mammography Department
Marshall Medical Center South

THURSDAY, NOVEMBER 15

“COPD & Lung Cancer Awareness”
Christopher Manganaris, MD
Pulmonary and Sleep Associates of Marshall County
SIGN UP DAY FOR 2019

THURSDAY, DECEMBER 6

GoldCare55+ “White Christmas” Party
Location: Gunter’s Landing Clubhouse, Guntersville, AL
Doors open at 4:30 p.m. Dinner at 5:00 p.m.
Cost: \$15



**LUNCH
& LEARN**



2320 Homer Clayton Drive
Guntersville, AL 35976

Marshall GoldCare55+ has big benefits!

At Marshall Medical Centers we believe seniors deserve special treatment. That's why we've developed GoldCare55+... a program created to allow people 55 or older to get the most out of life. GoldCare55+ 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 GoldCare55+ program has to offer. For more information visit our website at mmcenters.com/services/goldcare to download a brochure or call (256) 571-8025 (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

