

2020 Edition

Travel & Events

A Publication of GoldCare 55+

Western National Parks

Twelve packed days touring Yellowstone, Black Hills, Zion, Deadwood, Grand Tetons, Grand Canyon, Sedona and more!
Sign up by June 20.

Springtime in Mobile

Ride the Azalea Trail, tour Bellingrath Gardens, dine aboard the USS Alabama, see Dauphin Island Sea Lab and Estuarium, Fort Gaines and attend a Mardi Gras party!

San Antonio's River Walk

Stay alongside the beautiful River Walk, see the Alamo, Mission San Jose, the LBJ Ranch, National Museum of the Pacific War and the San Antonio Botanical Gardens!

2 Sign-Up Days
for 2020 are
November 21, 2019
& January 10, 2020

Travel & Events

It's been a great year!

My first year to be part of GoldCare 55+ has been an adventure. I hit the ground running in January and have not slowed down yet. I've learned a lot, laughed a lot, met many wonderful people and made a few missteps along the way. I hope all of our fun-loving members have enjoyed 2019 half as much as I have.

We started this year's trips in February when my husband, David, and I joined a busload of members for a jaunt across the state line to a cool country music venue in Bremen, GA. The next month led us to Anniston for one of the most spectacular Broadway shows ever staged, Chicago. April's Mystery Trip – my first to plan – turned out better than I hoped. A visit to the tiny, historic town of Mooresville and an afternoon at Topgolf couldn't have been better! The Kentucky Derby with its controversial decision to disqualify one winner for another is something that none of us lucky enough to have been there will ever forget. I have no doubt our future destinations will turn out to be just as memorable!

As you read through this issue of Travel & Events for 2020, administrator Peggy Hudson and I encourage you to take note of which ones you want to sign up for and do it as soon as possible. It is heartbreaking when we have to turn away disappointed members because they waited too long to get their names on a roster. Please note that we will have a sign-up day immediately after the Lunch 'N Learn on November 21. You can get registered and pay that day for any trip in this book and have your seat reserved well in advance. We also are offering the opportunity to earn a free Lunch 'N Learn when you sign up and pay for the whole year. That offer is good through January 10. We're trying to make it as easy as possible for each of our nearly 4,000 members and travelers!

I'm so thankful to all the kind people who have encouraged and welcomed me to GoldCare 55+ this year. Your support and thoughtfulness make working with seniors so rewarding. I hope all of you see Peggy and me not only as this program's leaders and planners, but also as friends. Please call on us any time we can be of service.

Rose Myers

Rose Myers
GoldCare 55+ Coordinator



History Tour of Montgomery – February 24



In honor of Black History Month, we'll take a motorcoach to Montgomery. Our step-on guide/historian will lead us on a driving tour of the city, pointing out historical sights such as the Dexter Avenue Baptist Church where the Rev. Martin Luther King preached. We will tour the Rosa Parks Museum, the nationally-acclaimed Legacy Museum and the National Memorial for Peace and Justice.

In Old Alabama Town we'll walk through authentic 19th and early 20th century homes and buildings saved from demolition and carefully restored. Enjoy a lunch of soul food from the Davis Café, a favorite spot of state employees. Includes transportation, lunch, museum admissions, step-on guide and gratuities.

Full payment due at registration on or before January 27. Cost \$99.

Springtime in Mobile – March 26-29

Ride the Azalea Trail and tour historic homes and churches. Visit Bellingrath Gardens and eat lunch in the Magnolia Restaurant. Dine aboard the USS Alabama and tour Battleship Memorial Park. Travel to Dauphin Island Sea Lab to tour the Estuarium, an aquarium highlighting the four key habitats of coastal Alabama: from the Mobile Tensaw River Delta and Mobile Bay to the Barrier Islands and the Northern Gulf of Mexico with a 10,000 square foot Exhibit Hall, a 7,000 gallon sting ray touch pool and the Living Marsh Boardwalk.

Also see Fort Gaines with its ramparts that have guarded the entrance to Mobile Bay for more than 150 years. Now a historic site, the Fort stands at the eastern tip of Dauphin Island where it commands panoramic views of the bay and the Gulf of Mexico. Fort Gaines is one of the key sites in the famous Battle of Mobile Bay where Admiral Farragut shouted his now-famous order, "Damn the torpedoes! Full speed ahead!" The fort has



original cannons, a blacksmith shop, kitchens, a museum, gift shop, and tunnels.

Your last evening in Mobile will be spent at Herron Lakes Country Club, where dinner will feature a Mardi Gras theme—Mobile Style.



Masks and beads for everyone will set the festive mood. We'll even crown a King and Queen from our group! Following the party, you'll enjoy dinner theater and try to figure out a murder. Our trip home will include shopping in Foley and lunch at Lambert's Café, home of Thrown Rolls. Arrive home early evening.

Includes transportation, 3 breakfasts, 4 lunches, 3 dinners, admission to all attractions, Mardi Gras party, 3 night hotel stay, baggage handling and 3 days of fun!

Cost Per Person: **Double \$780 | Triple \$825 | Single \$1,050**

Full payment due at registration on or before February 27.



Mystery Trip! – April 7

Everyone loves a surprise! Hop aboard a motorcoach along with a fun group and take off to destinations unknown. Guaranteed to be a good time and we'll have you home before bedtime.

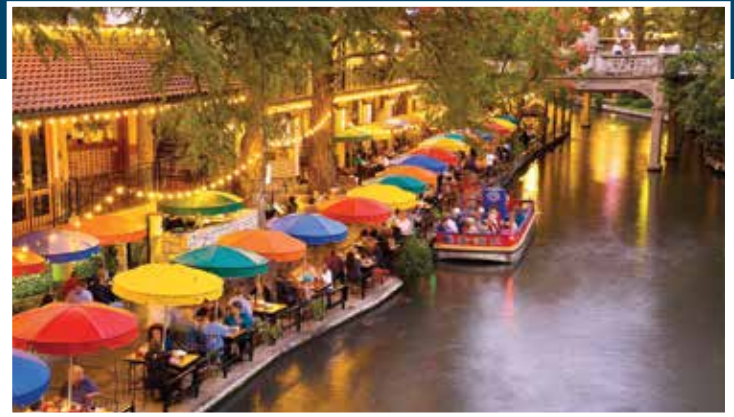
Full payment is due at registration on or before March 10. Cost \$99.

San Antonio, TX – May 24-28

Welcome to 5 days in “America’s Venice”

Stay in a hotel on the beautiful River Walk, the centerpiece of this city of Spanish architecture. Local guide will make sites come alive, including the Alamo of the Texas Revolution, Mission San Jose, and floating tour of the River Walk. Visit the Texas White House – the LBJ Ranch, birthplace of President Lyndon B. Johnson. See the National Museum of the Pacific War and San Antonio Botanical Gardens. Shop at the Mexican Marketplace.

Includes 5 days, 5 meals, airfare from Birmingham-Shuttlesworth International Airport, hotel transfers, lodging.



Cost Per Person: **Double \$1,999 | Triple \$1,969 | Single \$2,499**
\$500 deposit due at registration. Final payment due March 11.

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

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**



Oak Ridge Boys at Mill Town Music Hall in Bremen, Ga – August 8



Theirs is one of the most distinctive and recognizable sounds in the music industry. The four-part harmonies and upbeat songs of The Oak Ridge Boys have spawned dozens of country hits and a number one pop smash earned them Grammy, Dove, CMA, and ACM awards and garnered a host of other industry and fan accolades.

Every time they step before an audience, the Oaks bring four decades of charted singles, and 50 years of tradition, to a stage show widely acknowledged as among the most exciting anywhere. Here’s your chance to witness musical history. Dinner in private dining room included.

Full payment due at registration on or before July 10. Cost \$119.

Western National Parks

September 23 – October 5



Highlights Include:

- Custer State Park Wildlife Jeep Safari
- Mt. Rushmore Evening Lighting Ceremony
- Crazy Horse Monument
- Black Hills Gold Factory
Drive through the Black Hills to Deadwood, a rough and tumble western town famous for outlaws, gunslingers and lawmen alike.
- Devil's Tower
- Yellowstone National Park
- Grand Teton National Park
- Scenic Float Trip on the Snake River
- Zion National Park
- Grand Canyon National Park
- Lake Powell Scenic Cruise
- Sedona and Scottsdale, Arizona
and lots more!

Twelve Overnight Accommodations

- Twelve breakfasts, two lunches, five dinners
- Deluxe Motorcoach Transportation with Tour Director
- Round Trip Birmingham Airport Transfers
- Entrance fees to National Parks & Monuments
- All Taxes & Gratuities on these services
- Tips for Included Meals & Luggage Handling (one suitcase per person)

Cost Per Person: **Double \$4,949 | Triple \$4,749 | Single \$6,249**

\$150 deposit due at registration on or before June 15.

Final payment due August 10.



November Mystery Trip! – November 12

Everyone loves a surprise! Hop aboard a motorcoach along with a fun group and take off to destinations unknown. Guaranteed to be a good time and we'll have you home before bedtime.

Full payment is due at registration on or before October 15. Cost \$109.



Christmas at Graceland – December 1-3

scene and Santa on his sleigh. The interior is decked out in Christmas décor alongside traditional red velvet drapes and the Presley family Christmas artifacts - just as they were displayed by Elvis.

The evening also includes a Memphis Barbecue Dinner in the new Elvis Presley Memphis Complex. Take a tour of the Presley Motors Automobile Museum with its collection of hot cars, motorcycles and toys. Also see Elvis the Entertainer Career Museum with artifacts from photos and gold records to costumes.

- Elvis Blue Christmas Dinner Show – Graceland at Christmas, including a Private Evening Tour
- Merry, Merry, Mojo Tour
- Guided Tour of Tupelo, MS
- Two Nights Hotel Accommodations
- 2 Breakfasts, 1 Lunch and 2 Dinners included.

Cost Per Person:

Double \$639 | Triple \$619 | Quad \$599 | Single \$779

**\$100 deposit due at registration on or before August 15.
Final payment due October 1.**

Enjoy the Elvis 'Blue Christmas' Holiday Show with a live band and one of America's best known tribute artists. You'll hear great Christmas songs all performed in the classic Elvis style.

Take a driving tour of Memphis' musical heritage. Learn about the sights and sounds of the city and dine at the Blues City Café on Beale Street.

The highlight of your tour - Elvis Presley's home, Graceland Mansion. See traditional lights and decorations including hundreds of blue lights along the driveway, a life-size Nativity

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 us 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
- Free Health Screenings
- Discounts on Wellness & Fitness Programs
- Quarterly Newsletter
- Travel options & discounts
- Special Events: Annual Senior Health & Fitness Day, Lunch 'N Learns, holiday parties and more!

VERY IMPORTANT INFORMATION

Refunds

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

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

Due Dates

Payment Due Dates are noted next to each trip. Payment or Deposit amounts must be paid in order to be registered for any event, party or trip. Sign up for any event or party ends at 5pm the Friday before the event.

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

Please make your check payable to "GoldCare 55+" and mail your checks to:

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

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(s) of each individual.

You may also pay for any event, party or trip at the front desk at either Marshall North or Marshall South with cash or check. To pay by credit card, you may call Peggy Hudson at 256.571.8025.



Hikes and birding for 2020

GoldCare 55+ members got back to nature in 2019 with several hikes and birdwatching outings thanks to the leadership of Mike Ezell, naturalist at the Guntersville State Park. We hope more people will join the fun in 2020 and take advantage of the incredible natural resources our area has to offer. Folks in Marshall County are fortunate that we don't have to travel to see spectacular natural scenery. We can simply step outside!

The GoldCare 55+ Hiking Club will return to the woods this fall. Ezell has planned a morning of **Birding on Oct. 23 at 7 am**. Meet in the State Park Lodge. Bring folding chairs, binoculars, bird identification books and snacks. Water will be provided.

An afternoon **Fall Color Hike** is scheduled for **Nov. 14 at 2 pm**. This one will be a moderate two-hour walk through the woods to see the natural beauty of the autumn splendor. Meet at the Lodge. Wear sturdy shoes (closed-toe). Sneakers are fine. Dress for the weather. Cameras are welcome. Water will be provided. **Watch for the announcement of our 2020 hiking schedule!**

April 22 Earth Day – Celebrate with a springtime walk on Guntersville's Project Knowledge Trail with 20 trees identified by signs erected by the Tree Commission. Naturalist and birdwatcher Linda Reynolds will point out which trees provide food for creatures. Start at 10 am at Civitan Park and wind down to the Hope Garden, planted with riparian vegetation which thrives in wetlands. Wear comfortable walking shoes and bring binoculars. Walking trail surface is smooth and can accommodate walkers and wheelchairs. About 90 minutes.

All of these activities are free but please sign up by calling 256.571.8025. You will be contacted in case of inclement weather.

If you are 55 or older and would like to take advantage of all the benefits Marshall Medical Centers' GoldCare 55+ program has to offer, visit mmcenters.com where you can download a membership application or pick one up in the lobby of Marshall North or South, or email peggy.hudson@mmcenters.com. For information call 256.571.8025 or 256.753.8025 for Arab area residents.





2320 Homer Clayton Drive
Guntersville, AL 35976

2020 LUNCH Marshall GoldCare 55+ members are always learning! NLEARN

*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.)*

Reservations, with payment, must be received before 5 p.m. the Friday before the event. Cost \$5.00

FRIDAY, JANUARY 10

**SECOND SIGN UP DAY FOR 2020 TRIPS
11 A.M TO 2 P.M.**

Location: Marshall Professional
Center - Classroom

**Register for all Lunch 'N Learns by
January 10 to receive your first one free.**

THURSDAY, JANUARY 23

"Recurring Bladder Infections: Is there a cure?
Prevention and Treatment of Chronic UTIs"

Dr. Mike Myers, Urologist
Medical Centers Urology Clinic

THURSDAY, FEBRUARY 20

"Don't Be Another Heart Attack
or Stroke Statistic – Get Heart Smart!"
Dr. Kathleen Evans, Cardiologist, Heart Center

THURSDAY, MARCH 19

"Be a Friend to Your Colon:
Have it Screened Regularly"

Dr. Ben Shepard, Gastroenterologist
Medical Specialists of North Alabama

THURSDAY, APRIL 16

"The Gift that Keeps on Giving:
An Organ Donor Donates Life"

Ann Rayburn, Director - Legacy of Hope

FRIDAY, MAY 1

"Senior Health & Fitness Day"
Sun, fun, food and free stuff!

Location: Civitan Park, Guntersville
No cost but please RSVP to attend.
Lunch provided.

THURSDAY, JUNE 18

"Kick Up Your Heels! Music, Food and Fun!"
Goldcare 55+ Summer Party!

Location: Guntersville Senior Center
1 p.m. to 3 p.m. Cost: \$15

THURSDAY, JULY 23

"Protect Yourself: Skin Cancer is the
Most Diagnosed and Preventable Cancer"

Dr. Joshua Wharton, Dermatologist
Dermatology of North Alabama

THURSDAY, AUGUST 20

"The ABC's of Arthritis and its Treatments"
Dr. Randall Beyl, Rheumatologist
Marshall Rheumatology

THURSDAY, SEPTEMBER 17

"Healthy Aging: Gettin' Old Ain't for Wimps"
Dr. Amanda Storey, Family Physician
Grant Primary Care

THURSDAY, OCTOBER 22

"Let's Eliminate Breast Cancer"
Dr. Sara Cooper, HudsonAlpha

THURSDAY, NOVEMBER 19

"Lungs are the Breath of Life"
Dr. Christopher Manganaris, Pulmonologist
Pulmonary and Sleep Associates
of Marshall County

**SIGN UP DAY FOR 2021
FOLLOWING PRESENTATION**

FRIDAY, DECEMBER 11

"Let's Celebrate the Season!"
The GoldCare 55+ Christmas Party
Doors open at 5:00 p.m.
Dinner at 5:30 p.m. | \$20
Gunter's Landing Clubhouse, Guntersville

**For more details, please
call 256.571.8025**