

# Travel & Events

2025 Edition – Part 2

A Publication of GoldCare 55+

## **Mystery Trip 2025**

Get ready for an adventure  
full of surprises!

## **Historic Vicksburg**

A city full of rich history,  
charming streets and  
Southern hospitality.

## **Blue Ridge Scenic Railway**

Step aboard for a breathtaking  
journey through the rolling foothills  
of the Appalachian Mountains.

**Sign-Up Begins  
June 19<sup>th</sup>**

**See inside for details!**



**Marshall**  
GoldCare 55+

# Travel & Events

We're excited to kick off the second half of 2025 with a full calendar of events, trips and learning opportunities just for you!

At Marshall Medical Centers, we believe health and happiness go hand in hand, and that's what GoldCare 55+ is all about — bringing you the tools, resources and community you need to live your best life.

Every month you'll have the chance to join us for Lunch 'N Learns featuring top doctors and healthcare experts who will share tips and information to help you stay healthy and informed. Along with that, we've lined up some fantastic trips that promise new experiences, fun memories and time well spent with friends. You'll find all the details in this year's Travel and Events Guide — take a look and start planning!

**Our next sign-up is scheduled for Thursday, June 19** from 1:00 PM to 3:00 PM at the Guntersville Rec Center, following our scheduled Lunch 'N Learn. Our June luncheon is currently sold out, so if you are not currently signed up for the June luncheon, please show up at 1:00 PM for the Sign-Up Event.



*M. Kami Mitchell*  
**M. Kami Mitchell**  
Trip Coordinator



*Rose Myers*  
**Rose Myers**  
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Lunch 'N Learn  
Coordinator



# The 2025 Mystery Trip

August 15



Get ready for an adventure filled with surprises! Our Mystery Trip is designed for those who love a little excitement and enjoy the journey as much as the destination. We're keeping the location under wraps — you won't know where we're headed until we arrive! What we can promise is a day packed with fun, laughter and great memories. Bring your sense of adventure, your best travel buddies and a spirit of curiosity — this is one trip you won't want to miss!

Cost Per Person: **\$150– Full payment due when you sign up.**



*What's included in travel cost: transportation by motor coach, two meals, three tickets to various mystery locations.*

\*Please pay close attention to the walking meter included with each trip description. While our bus is equipped to accommodate a wheelchair or walker, the GoldCare team is unable to provide walking assistance during trips. If you require help with walking or using a wheelchair, we kindly ask that you bring someone with you to assist. Thank you for your understanding and cooperation as we work to ensure everyone has a safe and enjoyable experience.





# Discover Historic Vicksburg

Vicksburg, MS – September 25 - 26

Join us for a memorable getaway to historic Vicksburg, Mississippi — a city full of rich stories, charming streets, and Southern hospitality. Our trip will blend fascinating museums, a little shopping, delicious local dining, and unique experiences that bring the town's colorful past to life. Whether you're soaking in the scenic river views, uncovering a few ghostly tales, or exploring beautifully preserved landmarks, Vicksburg offers something special around every corner. We'll also enjoy a guided tour of one of the nation's most significant historic sites and leave a little free time for additional exploring. For those feeling lucky, Vicksburg's casinos are nearby and available to visit during your own free time. Get ready for two days filled with history, flavor, fun — and maybe even a little adventure of your own!

Cost Per Person: **\$430 - Single, \$360 - Double, \$340 - Triple, \$320 - Quad**  
**\$100 Non-refundable deposit due at sign up. Remainder due by August 25<sup>th</sup>.**

*What's included in travel cost: transportation by motor coach, five meals, four tickets to parks and museums, hotel accommodations.*



\*Please pay close attention to the walking meter included with each trip description. While our bus is equipped to accommodate a wheelchair or walker, the GoldCare team is unable to provide walking assistance during trips. If you require help with walking or using a wheelchair, we kindly ask that you bring someone with you to assist. Thank you for your understanding and cooperation as we work to ensure everyone has a safe and enjoyable experience.





# Blue Ridge Scenic Railway

## Blue Ridge, GA – October 30



Step aboard the Blue Ridge Scenic Railway for a breathtaking autumn journey through the rolling foothills of the Appalachian Mountains. Departing from the charming town of Blue Ridge, Georgia, we'll enjoy a relaxing ride in vintage rail cars, soaking in the vibrant colors of fall as the landscape transforms into a stunning tapestry of reds, golds and oranges. Our destination is the quaint twin towns of McCaysville, Georgia, and Copperhill, Tennessee, where you'll have time to explore unique shops, savor a leisurely lunch, and experience the warmth of small-town hospitality. Afterward, we'll reboard the train for a peaceful return ride, offering even more spectacular views along the way. This elegant day trip promises an unforgettable blend of natural beauty, history and timeless adventure.

Cost Per Person: **\$180 – Full payment due when you sign up.**

*What's included in travel cost: transportation by motor coach, one meal, train ticket.*



\*Please pay close attention to the walking meter included with each trip description. While our bus is equipped to accommodate a wheelchair or walker, the GoldCare team is unable to provide walking assistance during trips. If you require help with walking or using a wheelchair, we kindly ask that you bring someone with you to assist. Thank you for your understanding and cooperation as we work to ensure everyone has a safe and enjoyable experience.

# LUNCH 'N LEARN

*Our Members are Always Learning!*

Marshall GoldCare 55+ hosts monthly luncheons focused on encouraging you to be proactive about your health and wellness. It's a great opportunity to hear from experts, enjoy a delicious meal and fellowship with others. Unless otherwise noted, all events will be held at the Guntersville Recreation Center. (1500 Sunset Drive, Guntersville, Alabama)



» Doors open at 11:00 a.m. » Lunch at 11:30 a.m. » Program begins at noon.



**THURSDAY, JUNE 19** **SOLD OUT**

***"You Won't Feel A Thing:  
Your Brain On Anesthesia"***

Jonathan Varner, MD – Anesthesiology  
Marshall Medical Centers



**THURSDAY, SEPTEMBER 18** **COST: \$7**

***"Ready for the Worst"***

Blake Farmer – Director  
Marshall County Emergency Management Agency



**THURSDAY, JUNE 19**

***"2025 Sign-Up Day – Part 2"***

1 PM – 3 PM



**THURSDAY, OCTOBER 16** **COST: \$7**

***"Cancer Care Close to Home"***

Jonathan Storey, MD – Oncology / Hematology  
Marshall Cancer Care Center



**THURSDAY, JULY 17**

**COST: \$15**

***GoldCare 55+ Summer Party!***

Guntersville Rec Center  
Live music, bingo and a delicious catered meal.  
Doors Open at 11:00 AM | Lunch at 11:30 AM



**THURSDAY, NOVEMBER 20** **COST: \$7**

***"What's on Your Plate?  
Managing and Preventing Diabetes"***

Allison Sisk, RD – Registered Dietitian  
Marshall Medical Centers



**THURSDAY, AUGUST 21** **COST: \$7**

***"Under the Knife: Modern Surgery"***

John Groves, MD – General & Bariatric Surgery  
Stephen Britt, MD – General & Bariatric Surgery  
Surgical Associates of Marshall County



**THURSDAY, DECEMBER 18** **COST: \$20**

***GoldCare 55+ Christmas Party!***

Gunter's Landing Clubhouse  
Doors Open at 5:00 PM | Dinner at 5:30 PM

*Reservations, with payment, must be received before 5 PM the Friday before the event – no exceptions. This helps ensure that everyone who signs up gets a meal.*

**For more details,  
please call 256.571.8025**



# 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

## How to make your payment

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

**Marshall Medical Centers**  
**Attn: Rose Myers, GoldCare 55+**  
**8000 AL Highway 69**  
**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.*

To pay by credit card, you may call us 256.571.8025.



## Trips and entertainment are just the beginning for GoldCare 55+ benefits.

At Marshall Medical Centers we believe seniors deserve special treatment. That's why we've developed a program 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, call 256.571.8025 or visit our website at ([mmcenters.com/services/goldcare](http://mmcenters.com/services/goldcare)).

### Comprehensive Benefits:

- *Discounts on Wellness & Fitness Programs*
- *Quarterly Newsletter*
- *Travel options & discounts*
- *Special Events – Annual Senior Health & Fitness Day with free health screenings, Lunch 'N Learns, holiday parties and more!*
- *Meal Ticket - free meals upon request for one person staying with you while you are an inpatient at Marshall Medical Centers*

JUNE 19, 2025

**SIGN-UP DAY**

GUNTERSVILLE  
RECREATION CENTER  
1 PM - 3 PM



Let the  
*Adventures*  
**Begin!**

**Travel** & Events