

2025 Edition – Part 1

Travel & Events

A Publication of GoldCare 55+



The Life of Elvis

Journey to Tupelo and Memphis to learn about the life and legacy of the King of Rock and Roll

Les Misérables

Dine together in the Rocket City and enjoy a memorable night out at the theatre

**Sign-Up Begins
January 16th
See inside for details!**

Travel & Events

We hope this message finds you well. It's a pleasure to welcome you to the Marshall GoldCare 55+ program, a long-standing tradition at Marshall Medical that has offered exceptional healthcare insights and social connection for nearly 30 years.

We're excited to present a new year full of engaging activities that we know will make 2025 a memorable one. Each month, our Lunch 'N Learns will bring you valuable information and inspiration from our skilled physicians and dedicated Marshall Medical staff to support your health journey. We've done something a little different; you will receive TWO Travel and Events guides this year. One for the first half of the year and another one will be mailed to you in May for the second half of the year. We've arranged a fantastic lineup of trips for you to enjoy, so dive into this Travel and Events Guide to plan your next adventure — spots fill up quickly!

To reserve yours, mark your calendar for sign-up day on January 16 from 11:00 am to 2:00 pm at the Guntersville Rec Center.

As your community hospital, we are dedicated to delivering the very best healthcare. Your health and well-being are our top priorities, and we are here to support a vibrant, healthy lifestyle. Remember, the foundation of a fulfilling life is to live well and live long.

Thank you for being part of the Marshall GoldCare 55+ family. We look forward to another year filled with growth, learning and wonderful memories together.



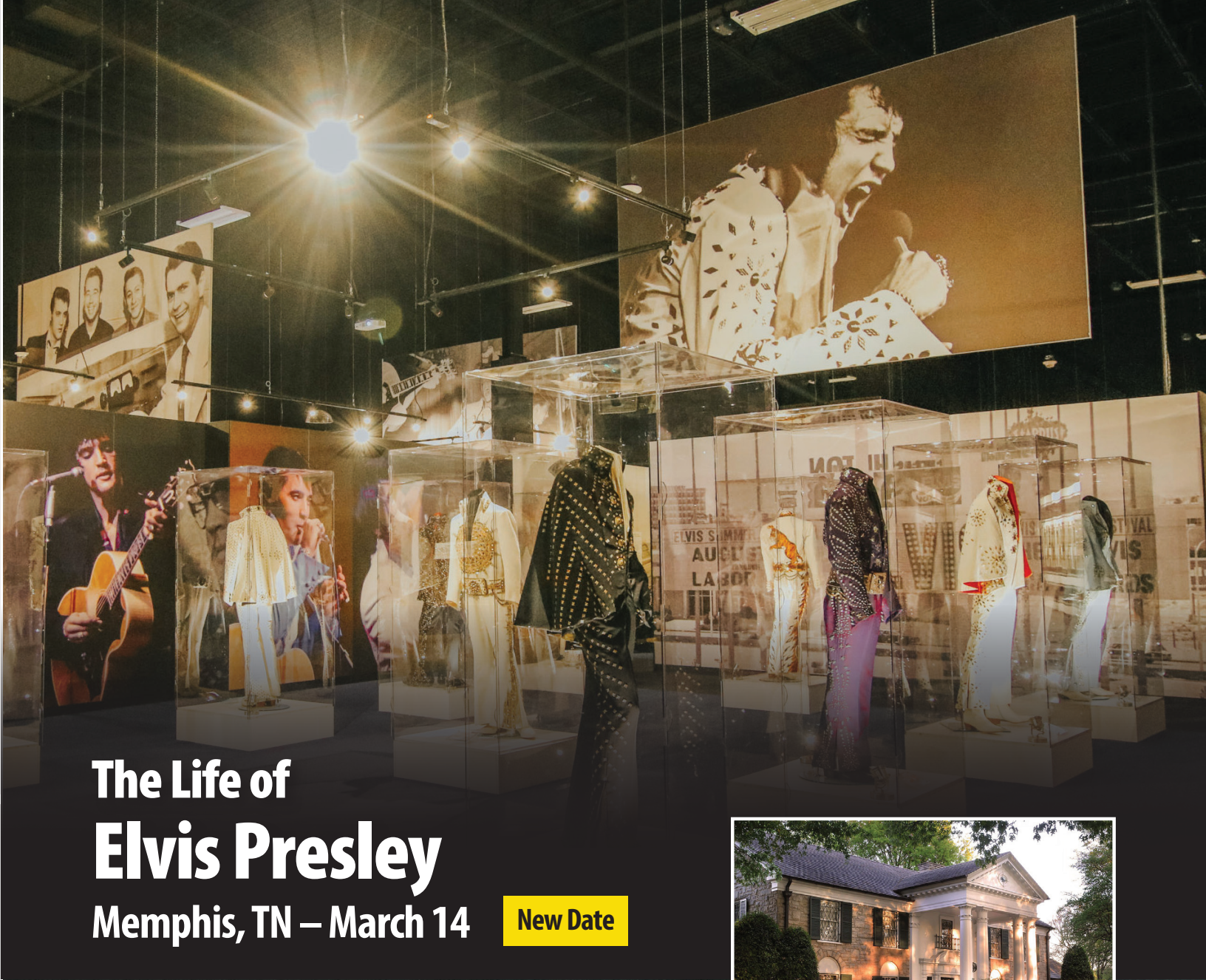
M. Kami Mitchell
M. Kami Mitchell
Trip Coordinator



Rose Myers
Rose Myers
Finance Admin



Adam Hendrix
Adam Hendrix
Lunch 'N Learn
Coordinator



The Life of Elvis Presley

Memphis, TN – March 14

New Date



Embark on a trip to Graceland in Memphis, experiencing the glamour and eccentricity of Elvis' life as a superstar. This is the perfect trip for the ultimate Elvis fan!

Cost Per Person: **\$250 – Full payment due when you sign up.**

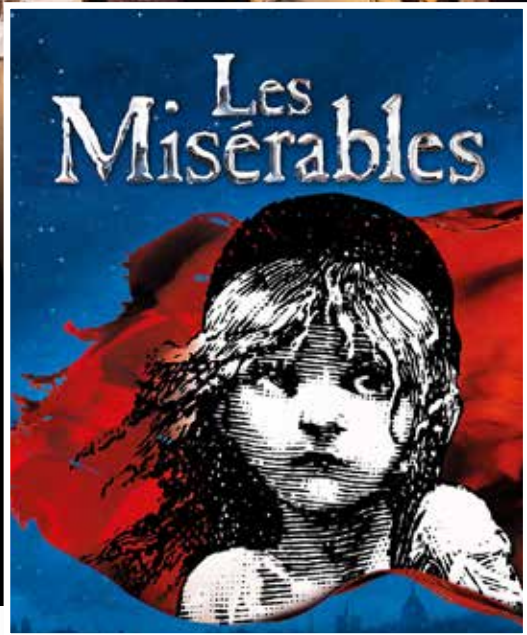


Includes two meals, travel by motorcoach and admission to Graceland.

Due to a conflict with a private event being held on the property, we had been asked to reschedule our Graceland Trip to Friday, March 14th. With this change of date, we have been given access to an expert guide to follow us along during our tour of the mansion. We have also been given reservations at the Elvis Presley Restaurant and a few other exclusive perks originally unavailable to us. To accommodate these extra perks, we have decided to omit the Tupelo portion of our trip.

Please be aware that there is a lot of walking and standing involved in our tours. Graceland highly recommends that you bring your own wheelchair or scooter if required. Graceland does have a limited number of wheelchairs for the mansion portion of the tour only, but these wheelchairs are on a first-come, first-served basis. Graceland does not have wheelchairs for the entertainment complex where our additional exhibits, shops and restaurants are located.

*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.



A Night at the Theatre: *Les Misérables* Huntsville, AL – May 6

Join us for a memorable cultural experience as we travel to Huntsville to witness the world-renowned musical, *Les Misérables*. This timeless masterpiece, set against the turbulent backdrop of 19th-century France, follows the moving story of redemption, love, and sacrifice. With powerful music, unforgettable characters, and an epic storyline, *Les Misérables* has captivated audiences worldwide for decades.

Cost Per Person: **\$125 – Full payment due when you sign up.**

Includes one meal, travel by motor coach and a ticket to the performance of Les Misérables at the VBC Mark C. Smith Concert Hall.



**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.*

GOLDCARE 55+ PROGRAM UPDATES

We are excited to announce updates to the GoldCare program that will help us better serve you while enhancing the overall experience. These changes will streamline our operations and ensure every aspect of the program runs efficiently.

Meet the New GoldCare 55+ Team

To better manage the program's growing needs, we've brought in two additional team members:



Rose Myers and hospital volunteers will now handle GoldCare finances, sign-ups for Lunch 'N Learns, trips and new member enrollments.



Adam Hendrix will plan and oversee our Lunch 'N Learn events, ensuring we will continue to have engaging presenters and delicious meals.



Kami Mitchell will continue to plan and coordinate trips, mail out agendas and travel with the group to make sure your adventures are smooth and enjoyable.

New Contact Process

To make communication more efficient, we will use a dedicated GoldCare line. You will be able to leave messages and listen to any updates on any scheduled trips and events. Calls will be returned each Thursday. If you have questions, please call **256.571.8025**.

Payment and Mailing Updates

We will no longer accept in-person payments. All payments must now be mailed to:

Marshall Medical Centers
Attn: Rose Myers, GoldCare 55+
8000 AL Highway 69
Guntersville, AL 35976

Mileage Club Ending

2024 will be the final year for our Mileage Club. We appreciate all who have participated and we encourage all members to continue to set wellness goals and exercise regularly.

Two Issues of *Travel & Events*

We will begin publishing two issues of *Travel & Events* each year. This change will break up the year into two parts, allowing us the opportunity to plan new trips throughout the year while also enabling us to provide you with the most up-to-date information in a timely manner. ***We are in the process of planning three more trips for 2025 – more details to come very soon!***



These updates are designed to enhance your experience and ensure the GoldCare program remains a valuable resource for all our members. Thank you for your understanding and support as we implement these improvements!

If you have questions, please reach out via our new phone line. We look forward to serving you!

LUNCH 'N LEARN

Our Members are Always Learning!

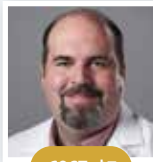


Marshall GoldCare 55+ hosts monthly luncheons focused on encouraging you to be proactive about your health and wellness. It's a great opportunity to hear from experts, enjoy a delicious meal and fellowship with others. Unless otherwise noted, all events will be held at the Guntersville Recreation Center.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

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



THURSDAY, JANUARY 16
(IMMEDIATELY FOLLOWING LUNCH 'N LEARN)
"2025 Sign-Up Day"
11 am – 2 pm
Guntersville Rec Center



THURSDAY, APRIL 24
"Colon Health Happiness"
Chad Sisk, DO – Gastroenterology
Joining Marshall Medical Centers in 2025

COST: \$7



THURSDAY, JANUARY 16
"Robotic-assisted Joint Replacements"
Zachary Moore, MD – Orthopedic Surgery
Matt Smith, DO – Orthopedic Surgery
TOC (The Orthopaedic Center)

COST: \$7



THURSDAY, MAY 15
Senior Health & Fitness Day!
Guntersville Civitan Park
– FREE but please RSVP so we can ensure everyone gets a meal!

FREE



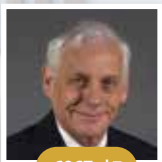
THURSDAY, FEBRUARY 20
"Paramedics: Your heart in good hands"
Shane Parker – Director
Shawn Gregory – Assistant Director
Marshall Emergency Medical Services

COST: \$7



THURSDAY, JUNE 19
**"You Won't Feel A Thing:
Your Brain On Anesthesia"**
Jonathan Varner, MD – Anesthesiology
Marshall Medical Centers

COST: \$7



THURSDAY, MARCH 20
"How to Age Well and Thrive"
Stephen Henderson, MD – Family Medicine
Lakeshore Family Practice

COST: \$7

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 5 PM 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.



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 and 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 and older to take advantage of all the benefits our GoldCare 55+ program has to offer. For more information, call 256.571.8025 or visit our website at (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.*

JANUARY 16, 2025
SIGN-UP DAY
GUNTERSVILLE
RECREATION CENTER
11 AM - 2 PM



Let the
Adventures
Begin!

Travel & Events