

2026 Edition – Part 1

Travel & Events

A Publication of GoldCare 55+



Riverdance in Atlanta

Get ready for an unforgettable day as we travel to the legendary Fox Theatre to experience a world-renowned performance

A Day in Franklin

Join us for a delightful day trip to a town overflowing with small-town charm and rich Southern history

**Sign-Up Begins
January 8th
See inside for details!**



**Marshall
GoldCare 55+**

Travel & Events

It's a joy to welcome you to the Marshall GoldCare 55+ program — a treasured Marshall Medical tradition that has proudly served our community for nearly 30 years with outstanding health education and meaningful social opportunities.

We're excited to kick off another wonderful year filled with engaging events that are sure to make 2026 special. Each month, our Lunch 'N Learns will bring you valuable information and inspiration from our experienced physicians and Marshall Medical team to help you stay informed on your wellness journey. In addition, we've planned an incredible lineup of trips for you to enjoy throughout the year. Take some time to browse this Travel and Events Guide and choose your next destination — these popular outings always fill up fast!

Be sure to mark your calendar for Thursday, January 8th at the Guntersville Senior Center to reserve your spots early.

As your community hospital, our goal continues to be providing exceptional care and promoting healthier, happier living. Your well-being is at the heart of everything we do, and we're dedicated to helping you live your best life. Remember — the secret to a rewarding life is to live well and live long.

Thank you for being part of the Marshall GoldCare 55+ family. We can't wait to share another year of fun, friendship and lifelong learning with you!



M. Kami Mitchell

M. Kami Mitchell
Trip Coordinator



Rose Myers

Rose Myers
Finance Admin



Adam Hendrix

Adam Hendrix
Lunch 'N Learn
Coordinator



Dance, Dine & Delight: Riverdance in Atlanta

Atlanta, GA – February 7th

Get ready for an unforgettable day as we travel to the legendary Fox Theatre in Atlanta to experience the world-renowned Riverdance! This high-energy performance will have your toes tapping and your heart soaring as dazzling dancers and incredible musicians bring Irish tradition to life on stage.

We'll start the day with a delicious brunch before the show, the perfect chance to relax, mingle and share a few laughs with friends before the curtain rises. After the performance, we'll wrap up our day with dessert and coffee, savoring something sweet while we chat about our favorite moments from this spectacular production.

This trip promises great company, great food and a show that will leave you smiling all the way home! Don't miss your chance to join us for a day filled with rhythm, culture and fun!

Cost Per Person: **\$185 – Full payment due when you sign up.**



What's included in travel cost: Transportation by motorcoach, one meal, one show ticket, one after show snack.

*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.



History, Charm & Southern Flavor: A Day in Franklin

Franklin, TN – March 19th

Join us for a delightful day trip to Franklin, Tennessee, a town overflowing with small-town charm and rich Southern history! Our adventure begins aboard a guided trolley tour, where you'll sit back and relax as we roll through Franklin's scenic streets and hear fascinating stories about its past.

We'll explore some of the area's most beloved historic sites, stroll through picturesque downtown shops, and of course, enjoy some truly delicious Southern cooking along the way. From beautiful architecture to one-of-a-kind boutiques and mouthwatering bites, Franklin has something for everyone to love.

It's the perfect blend of history, hospitality and fun – all wrapped up in one wonderful day!

Cost Per Person: **\$199 – Full payment due when you sign up.**

What's included in travel cost: Transportation by motorcoach, two meals, admission to historical sites and trolley tour ride.



WALKING
METER *

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Mark Your Calendars for our Upcoming Sign-Up Days!

**Thursday,
January 8th**

**Thursday,
July 9th**

Just like in 2025, we will be hosting two sign-up days – one in January and one in July. This allows our team more flexibility to plan more exciting events and take advantage of unique opportunities as they become available throughout the year. Sign-up days will be held at the Guntersville Senior Center from 1:00 - 3:00 pm. This will be your first and best chance to get signed up for the trips and events you want to attend!

If you can't make it to our first sign up day, you can always call 256.571.8025 after January 8th to let us know which events and trips you wish to sign up for – we'll give you further instructions on where you can mail or drop off your payment.



Knowing Your Limits: *When Seniors Should Skip a Day Trip*



Staying active and social is one of the best ways for seniors to maintain their physical and emotional well-being. Regular movement, fresh air and time spent with others can boost mood, strengthen muscles and even support cognitive health. However, it's equally important to recognize when your body needs rest and recovery instead of activity.

While day trips and outings can be enjoyable, there are times when staying closer to home might be the better choice. For example, seniors who are actively recovering from surgery should give their bodies the time they need to heal before tackling long walks or extended travel. Those who have experienced a recent fall may need to avoid situations that could increase the risk of injury. And if you require continuous assistance to move around, you may need to bring an additional person – ideally someone who is there to specifically aid you with your mobility and not just a fellow traveler.

At the end of the day, being active doesn't have to mean overexerting yourself. Gentle exercises, short walks or social activities close to home can still provide meaningful health benefits. Staying active is vital, but knowing your limits is just as important to maintaining long-term health and happiness.

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 Senior Center. (1503 Sunset Drive, Guntersville, Alabama)

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



THURSDAY, JANUARY 15 COST: \$7
"What Wound? How Wound Healing Therapies Can Prolong Your Life"
Featuring a panel of experts from the Marshall Wound Healing Center



Stephen Britt, MD



John Groves, MD



Donald Martin, MD



Alex Nixon, MD



Sabrina Cassels, MSN, RN

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.

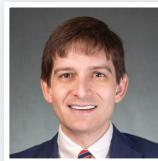
For more details,
please call 256.571.8025



THURSDAY, FEBRUARY 19 COST: \$7

"Proactive Heart Health"

Paul Morris, MD – Family Medicine
Albertville Primary Care



THURSDAY, MARCH 12 COST: \$7

"Advancements in Skin Cancer Treatment"

Joshua Wharton, MD – Dermatology
Dermatology of North Alabama



THURSDAY, APRIL 16 COST: \$7

"General Surgery – Under the Knife"

Alissa Schuh, MD – General Surgery
Medical Centers Surgical Clinic



THURSDAY, MAY 21 FREE!

Senior Health & Fitness Day!

Guntersville Civitan Park
– FREE but please RSVP to reserve your meal!



THURSDAY, JUNE 18 COST: \$7

"A Medication Education"

Jacob Kubucki, PharmD – Clinical Pharmacist
Morgan Portwood, PharmD – Clinical Pharmacist
Marshall Medical Centers



THURSDAY, JULY 16 COST: \$15

GoldCare 55+ Summer Party!

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



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).

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*



2320 Homer Clayton Drive
Guntersville, AL 35976

JANUARY 8, 2026
SIGN-UP DAY

AT THE GUNTERSVILLE
SENIOR CENTER
1 - 3 PM



Let the
Adventures
Begin!

A large, semi-transparent background image showing a group of senior citizens sitting in the rows of a bus. The image is grainy and has a vintage feel.

Travel & Events