

2024 Edition

Travel & Events

A Publication of GoldCare 55+

Southern Charm Escape

Discover the enchanting allure of Savannah, Georgia, where history and Southern charm intertwine to create an unforgettable travel experience.

Amish Country

Step back in time and embark on a journey to Ethridge, Tennessee, where the enchanting Amish Country beckons with its rustic charm and timeless traditions.

Music City Day Trip

Immerse yourself in the rhythmic soul of Music City as we explore iconic landmarks of Nashville.

**Sign-Up Day
Friday,
January 12**

Travel & Events

I hope this message finds you in good health and high spirits. It is my pleasure to welcome you to the Marshall GoldCare 55+ program, a beloved Marshall Medical program with a nearly three-decade legacy of exceptional healthcare tips and social engagement opportunities.

We are excited to announce that, once again, we are rolling out an array of enriching activities to make this year unforgettable. Our monthly Lunch 'N Learns feature knowledgeable physicians and dedicated Marshall Medical staff who will keep you informed and inspired on your healthcare journey. Moreover, we have curated an exciting selection of trips for you to enjoy throughout the year. So please take a moment to peruse this Travel and Events Guide to find your next adventure. These outings are immensely popular and tend to sell out quickly, so mark your calendars for our sign-up day, January 12, at the Guntersville Rec Center at 11:00 am.

As your community hospital, we embrace a consistent goal – to provide the very best healthcare to our patients. Your health and well-being are our utmost priorities, and we are committed to safeguarding your good health and ensuring a high quality of life for everyone. Remember, the best prescription for a fulfilling life is to live well and live long.

Thank you for being a valued member of the Marshall GoldCare 55+ program. We look forward to another year of growth, learning and cherished memories.



A handwritten signature in black ink that reads "M. Kami Mitchell".

M. Kami Mitchell
GoldCare 55+ Coordinator





STOMP Live Huntsville, AL – January 27

Get ready for an electrifying journey of rhythm, innovation, and pure creativity as you embark on a captivating adventure to witness STOMP. This world-renowned theatrical sensation will leave you spellbound with its pulse-pounding beats, extraordinary choreography, and a symphony of everyday objects transformed into musical instruments. From brooms to trash cans, STOMP's talented cast transforms the mundane into an explosive display of percussion and dance that transcends language and culture. Feel the rhythm in your soul and experience the sheer joy of live performance as STOMP ignites the stage with its contagious energy. Don't miss the opportunity to be a part of this thrilling spectacle that has mesmerized audiences around the world. Join us for a night of exhilaration and witness the magic of STOMP that will leave you exhilarated and inspired.

Cost Per Person: **\$125** | **Full payment due on or before Jan. 19.**

Includes: Transportation by motor coach, admission to see STOMP and a meal.



Music City Day Trip Nashville, TN – April 24

Join our group on an exhilarating journey to the heart of country music in Nashville, TN, for a single unforgettable day. Immerse yourself in the rhythmic soul of Music City as we explore iconic landmarks like the Country Music Hall of Fame and the legendary Ryman Auditorium. Savor mouthwatering Southern cuisine and soak up the live music that fills the air on Lower Broadway. With our expertly curated itinerary, you'll get an authentic taste of Nashville's vibrant culture and musical heritage. Whether you're a country music enthusiast or simply looking for an exciting day trip, this adventure promises a harmonious blend of history, entertainment, and toe-tapping fun. Come along and discover why Nashville is hailed as the ultimate destination for music lovers and travel enthusiasts alike.

Cost Per Person: **\$165** | **Full payment due on or before March 25.**

Includes: Transportation by motor coach. One lunch meal, admission to RCA Studio B and Country Music Hall of Fame Museum, one ticket to dinner and a show at Nashville Nightlife Theatre.



Mystery Trip – August 13

Step out of your comfort zone and into the excitement of the unknown! Jump aboard our motor coach and embark on a journey to a mystery location filled with surprises and adventure. Leave behind the everyday and let curiosity guide you as we traverse hidden paths and discover new places. It's a thrilling ride of anticipation, where the journey itself becomes the ultimate destination. Join us for a day of mystery and exploration that will leave you with lasting memories and stories to tell for years to come.

Cost Per Person: **\$115**

Full payment due on or before June 20.





Amish Country

Ethridge, TN – September 27

Step back in time and embark on a journey to Etheridge, TN, where the enchanting Amish Country beckons with its rustic charm and timeless traditions. Experience the allure of a bygone era as you climb aboard a cozy covered wagon, the clip-clop of horse hooves setting a leisurely pace. As you traverse the rolling countryside, you'll have the unique opportunity to visit Amish homes and shops, where skilled artisans create exquisite handmade goods. From handcrafted furniture to quilts that are truly works of art, and delectable homemade jams and baked goods, each stop offers a treasure trove of authentic Amish craftsmanship. Immerse yourself in the simplicity and warmth of Amish hospitality, where a warm smile and genuine conversation await at every turn. Ethridge, Tennessee's Amish Country is an unforgettable voyage into a world where time seems to stand still, inviting you to explore, shop, and connect with a rich heritage that's as genuine as it is captivating. Come, be a part of this unique and immersive experience that will leave you with memories to cherish for a lifetime.

Cost Per Person: **\$90** | **Full payment due on or before August 1.**

Includes: Transportation by motor coach, ride on the covered wagon, and two meals. Purchases made during the Amish shopping tour will not be included in this cost.



Georgia Apple Festival

Ellijay, GA – October 12

Experience the crisp and juicy allure of the Georgia Apple Festival in Ellijay, GA, where autumn's magic comes alive! Nestled amidst the picturesque North Georgia mountains, this delightful festival celebrates the bountiful harvest of apples with a blend of old-fashioned charm and modern excitement. Wander through orchards laden with plump, ripe apples, savor delicious homemade apple pies, and sip on refreshing apple cider. Engage in fun-filled activities like hayrides, arts and crafts, live music, and even apple-themed contests. As the leaves turn vibrant shades of red and gold, the Georgia Apple Festival invites you to savor the flavors of fall while enjoying the warmth of southern hospitality. Come join us for apple-infused delights and create unforgettable memories in the heart of Georgia's apple country.

Includes: Transportation by motor coach, admission to the festival, and two meals. Purchases made at the festival will not be included in this cost.

Cost Per Person: **\$115**

Full payment due on or before September 12.





Southern Charm Escape

Savannah, GA – November 10-12

Discover the enchanting allure of Savannah, GA, where history and Southern charm intertwine to create an unforgettable travel experience. With its cobblestone streets, historic architecture, and iconic moss-draped oak trees, Savannah offers a glimpse into a scene from a movie. Immerse yourself in the city's rich history with guided tours of its storied districts and historic homes. Savor delectable Southern cuisine in charming eateries and meander through picturesque squares filled with fragrant blooms. Whether you're drawn to the tranquility of riverside strolls or the vibrant arts and culture scene, Savannah captivates with its timeless beauty and warm hospitality. Come, let Savannah's unique charm and Southern grace welcome you to a journey of unforgettable experiences.

Cost Per Person: **Single \$690** | **Double \$540** | **Triple \$490** | **Quad \$460**

Includes: Transportation by motor coach, trolley tour pass, show ticket, admission to museum, 2 night hotel stay, and 5 meals.

\$200 Deposit Due at Registration - Full payment due on or before September 1.



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: Kami Mitchell, 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.

To pay by credit card, you may call Kami Mitchell at 256.571.8023.



Holiday Riverboat Dinner Cruise Onboard the Southern Belle Chattanooga, TN – December 5

Celebrate the magic of Christmas with a truly enchanting experience aboard The Southern Belle Riverboat cruise dinner in Chattanooga, TN. Step into a world of holiday wonder as you embark on a festive journey along the scenic Tennessee River. Aboard this iconic riverboat, you'll savor a delectable Christmas dinner, expertly prepared and served against the backdrop of breathtaking river views. Twinkling lights, holiday decorations, and the sound of cheerful carols will set the mood for a memorable evening.

Cost Per Person: **\$125**

Full payment due on or before November 5.

Includes: Motorcoach and admission to riverboat cruise and dinner.

Additional purchases can be made during rest stops or on board the Southern Belle gift shop.





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

From great discounts to informative Lunch 'N Learns, members enjoy more of what life has to offer.

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, call 256.571.8023 or visit our website at mmcenters.com/services/goldcare to download a brochure.

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 MMC

2024 LUNCH 'N LEARN

Marshall GoldCare 55+ members are always learning!

The Guntersville Recreation 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 5PM the Friday before the event. Cost \$7.00

FRIDAY, JANUARY 12

"Sign-Up Day for 2024 Trips"

Location: Guntersville Rec. Center
11 a.m. to 2 p.m.

THURSDAY, JANUARY 18

"Don't Let Pain Limit Your Joy"

Dr. Surabhi Jong – Rheumatologist
Marshall Rheumatology

THURSDAY, FEBRUARY 15

"You Can't Beat a Healthy Heart"

Dr. Amanda Storey – Primary Care Physician
Grant Primary Care

THURSDAY, MARCH 21

"You've Got to Be 'Kidney' Me"

Jonathan Lynn, BSN, RN – Dialysis Nurse Manager
Marshall Medical Center South

THURSDAY, APRIL 25

"What is a Hospitalist?"

"Why Do We Have Them?"
Dr. B.C. Maze – Hospitalist
Marshall Medical Center North

THURSDAY, MAY 23

"Senior Health & Fitness Day"

Sun, fun, food and free stuff!
Location: Civitan Park, Guntersville

FREE, BUT PLEASE RSVP

THURSDAY, JUNE 20

"GoldCare 55+ Summer Party!"

Location: Guntersville Rec. Center
COST: \$15 11 a.m. to 1 p.m.

THURSDAY, JULY 18

"Are Robots Taking Over the OR?"

Orthopedic Surgery Panel

THURSDAY, AUGUST 15

"Tanning is So Yesterday"

Dr. Josh Wharton – Dermatologist
Dermatology of North Alabama

THURSDAY, SEPTEMBER 19

"Help! My Feet Hurt"

Dr. Dustin Grimmatt – Podiatrist
Foot Specialist of North Alabama

THURSDAY, OCTOBER 17

"What's New in Cancer Treatment"

Tara Burnor, BSN, RN, OCN – Nurse Navigator
Marshall Cancer Care Center

THURSDAY, NOVEMBER 21

"Give Your Lungs a Breath of Fresh Air"

Dr. Christopher Manganaris – Pulmonologist
Pulmonary And Sleep Associates
of Marshall County

THURSDAY, DECEMBER 19

"GoldCare 55+ Christmas Party!"

Location: Gunter's Landing, Guntersville

COST: \$20 Doors open at 5:00 p.m.
Dinner at 5:30 p.m.

For more details, please call 256.571.8023