

2023 Edition

# Travel & Events

A Publication of GoldCare 55+

## Christmas Vacation

Let's have fun and kick off the holiday season in Santa Claus, Indiana. This two-day, one-night stay is the home to numerous themed attractions.

## Train & Tea Time

Join us for high tea inside the Grand Junction Depot with a train ride to follow. All the tasty treats of fall combined into one offering. After your tea, enjoy a ride on board the local train.

## Rocket City Trash Pandas Baseball Game

Experience the Trash Pandas Baseball game in style. Indulge in an all-you-can-eat buffet enclosed in a climate-controlled suite. It's sure to be a SUITE time!

**Sign-Up Day**  
following Lunch 'N Learn  
February 16

# Travel & Events

Welcome back, GoldCare 55+!

We've heard from many members who have missed the fun and fellowship that is unique to this 25-year plus program sponsored by Marshall Medical Centers. Bans on travel and meetings forced a temporary halt to the program but not even a global pandemic can keep this group at home.

For 2023, GoldCare 55+ is re-emerging better than ever with frequent get-togethers and exciting outings. It will be different but it will remain an essential part of a healthy lifestyle and graceful aging for the over-55 set in Marshall County and surrounding areas.

Change can be good. One very positive change for this program is the addition of Kami Mitchell, a new member of Marshall Medical's marketing department. As a journalist, Kami has written articles and social media posts as well as organized events and school programs. With the new year, she will step into the role of GoldCare 55+ coordinator, working closely with Peggy Hudson, who will continue to serve as the program's administrator. Rose Myers, director of Volunteer Services for Marshall Medical Centers, will focus on her role of recruiting new people to volunteer throughout both hospitals and the Marshall Cancer Care Center.

Be ready for a year filled with fun trips and education with our Lunch 'N Learns, learning from top notch Marshall Medical Centers employees and community healthcare members. Our kickoff for the year will take place February 16. Look over this guide, and determine what trips you would like to be a part of.

Following our February 16 kickoff, you will have the opportunity to sign up for your desired trips and Lunch 'N Learns for the year. All of the trips will have a max of how many people can attend, so please sign up as soon as you can. Together, we all strive for one goal – providing the very best healthcare for our patients. Protecting your good health and ensuring quality of life for everyone is the best prescription. Live well and live long!



*M. Kami Mitchell*

M. Kami Mitchell  
GoldCare 55+ Coordinator



*Rose Myers*

Rose Myers  
Former GoldCare 55+ Coordinator





## Music at the Mountain: Three on a String & The Dill Pickers Birmingham—February 25

Join Three on a String & The Dill Pickers for a show filled with music, comedy and some good wholesome fun. Performing for over 50 years, Three on a String is a legendary Birmingham-based band that has touched the hearts of audiences across the globe with its combination of comedy, entertainment and live bluegrass music. The Dill Pickers come from all over the south—Birmingham to Knoxville—bringing energetic, family-friendly comedy and “old-timey” live music to the stage with tunes from the 40s and 50s.

Cost Per Person: **\$85** | **Full payment due on or before February 16.**

*Includes one event ticket and one meal.*



## Champions of Magic: The Worldwide Wonders Tour Nashville, TN—March 25

Break away from the screen and experience live entertainment like never before with Champions of Magic – an evening of impossible illusions and spectacular special effects. Described by the press as ‘The Avengers of magic’, catch the only team of magicians in the world as they present their original, phenomenal ensemble illusions. They’ve sold out shows across the globe, been featured on every major US TV network and racked up over 50 million views online, but you haven’t seen magic until you’ve seen it live! The Champions of Magic cast presents incredible interactive magic, a daring escape from Houdini’s water torture cell, a mind-blowing prediction that has to be seen to be believed, levitation high above the stage and a finale beyond explanation. The show happens all around the theatre and features spectacular illusions that can’t be seen anywhere else.

Cost Per Person: **\$160** | **Full payment due on or before February 16.**

*Includes one event ticket and one meal.*





# Mystery Trip—June 3

## ???????????

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.

Cost Per Person: **\$135** | **Full payment due on or before April 20.**



## Rocket City Trash Pandas

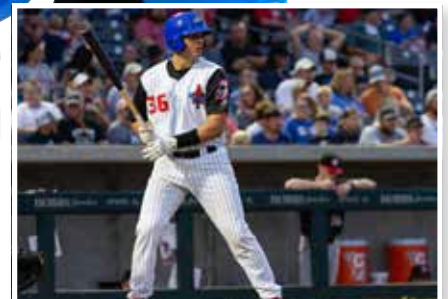
### Huntsville – August 8

Come enjoy a Rocket City Trash Pandas baseball game in style! Get cozy in The Double Suite, a climate-controlled space overlooking the field from the 3rd base side. Watch the game from luxury furniture, high-top tables or the exclusive stadium seats just outside. Relax and enjoy a great experience with TVs and various seating options. GoldCare 55+ group travelers are invited to go on to the field before the game.

Event includes a VIP ticket to the suite and an all-you-can-eat buffet. Menu includes: Cornbread Biscuits, Chefs Garden Salad, Coleslaw, Kettle Chips, Bourbon Baked Beans, Mac & Cheese, Southern Collard Greens, Pork Loin, BBQ Chicken, Ballpark Hot Dogs, cookies, and assorted Pepsi products

Cost Per Person: **\$115** | **Full payment due on or before July 20.**

**Very limited space, please book early!**





## Train Ride & Tea Time

*Chattanooga, TN – October 28*



Enjoy tea time with a light lunch along with a ride on the Missionary Ridge Local Train. Our most frequent service trips — called the “Local” for short — begin at our Grand Junction Station and take you over four bridges and through the pre-Civil War Missionary Ridge Tunnel. The trip is 65 minutes (15 minutes to East Chattanooga, 25 minute layover, and 15 minutes back to Grand Junction) and includes a turntable demonstration and brief tour of the Tennessee Valley Rail Road restoration shop in East Chattanooga. A selection of delectable teas along with full high tea fare – savory and sweet items and our favorite part – freshly baked scones.

Cost Per Person: **\$100** | **Full payment due on or before September 21.**

*Price includes one train ticket and a light lunch.*



## Christmas Vacation

*Santa Claus, IN – December 8-9*



The town’s interesting history is told through exhibits and displays inside the Santa Claus Museum. We will visit the Santa Claus Christmas Store. This gigantic store features one-of-a-kind Christmas gifts, decorations and collectibles. Get in the Christmas spirit as we visit The Santa Claus Land of Lights, a 1.2-mile drive-through Christmas light adventure. We will visit Santa’s Candy Castle for a magical experience. The historic castle was dedicated in 1935, blending old-world charm with modern-day fun. During this weekend trip, there will also be a Christmas parade.

Cost Per Person: **Quad \$215** | **Triple \$225** | **Double \$245** | **Single \$310**

**Deposit \$100 due July 20. Remaining Balance due October 19.**

*Price includes lodging, Land of Lights Tour, Museum admission and 4 meals.*



## **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 visit our website at [mmcenters.com/services/goldcare](http://mmcenters.com/services/goldcare) to download a brochure or call 256.571.8025.

### **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*

# 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 5p.m. 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: 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 Outpatient Registration Desk at Marshall North or Marshall South with cash or check. To pay by credit card, you may call Peggy Hudson at 256.571.8025.



# Rediscover Marshall County



*Become one with nature with these events at Guntersville State Park*

**March 11:** Morning Bird Watching Tour 9 - 11 a.m. Meet in the Guntersville State Park Lodge as we are guided through the woods with Park Naturalist Indya Guthrie. Bring folding chair, binoculars, bird identification books and snacks. Water will be provided. RSVP to Kami Mitchell by calling 256.571.8023 by March 6.

**April 22:** Guntersville State Park has invited GoldCare 55+ to join in on their Earth Day Park Clean Up from 10 a.m. - 2 p.m. Gloves, garbage bags and water will be provided. RSVP to Kami Mitchell by calling 256.571.8023.

**May 11:** Celebrate Spring time with a guided stroll from 1 - 2:30 p.m. guided by Park Naturalist Indya Guthrie. Meet at Guntersville State Park Lodge. Wear comfortable shoes. Trail surface is smooth. RSVP to Kami Mitchell by calling 256.571.8023 by May 5th.

**June and July:** Dates to come for Bird Shows with Park Naturalist Indya Guthrie. Call Kami Mitchell at 256.571.8023 in May for more information.

**August 9:** Morning Bird Watching Tour 8 - 9:30 a.m. Meet in the Guntersville State Park Lodge as we are guided through the woods with Park Naturalist Indya Guthrie. Bring folding chair, binoculars, bird identification books and snacks. Water will be provided. RSVP to Kami Mitchell by calling 256.571.8023 by July 31.

**October 18:** Fall Foliage Walking Tour from 1 - 3 p.m. Meet in the Guntersville State Park Lodge as Park Naturalist Indya Guthrie guides us through the woods showcasing the beautiful autumn trees.

**November 14:** Morning Bird Watching Tour 8 - 9:30 a.m. Meet in the Guntersville State Park Lodge as we are guided through the woods with Park Naturalist Indya Guthrie. Bring folding chair, binoculars, bird identification books and snacks. Water will be provided. RSVP to Kami Mitchell by calling 256.571.8023 by November 9.



2320 Homer Clayton Drive  
Guntersville, AL 35976

# 2023 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 5 p.m. the Friday before the event. Cost \$7.00*

## THURSDAY, FEBRUARY 16

**SIGN UP DAY FOR 2023 TRIPS**  
**After Lunch 'N Learn 1 - 3 p.m.**

"Just Go With The Flow:  
The Latest on Vascular Health"  
Dr. Sean English, Vascular Surgeon  
Northeast Alabama Vascular  
and Vein Specialists

## THURSDAY, MARCH 23

"Keep Your Brain and Nerves in TipTop Shape"  
Dr. Sheri Swader, Neurologist  
Neurology of Marshall County

## THURSDAY, APRIL 20

"Emergency Medicine Care"  
Dr. J. Tyler Hughes, Emergency Medicine  
Marshall Medical Center North

## THURSDAY, MAY 25

"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 15

"Kick Up Your Heels! Music, Food and Fun!"  
GoldCare 55+ Summer Party!  
Location: Guntersville Rec. Center  
1 - 3 p.m. Cost: \$15

## THURSDAY, JULY 20

"The Latest and Greatest in Oncology"  
Dr. Sherry Meadows, Medical Oncologist  
Marshall Cancer Care Center

## THURSDAY, AUGUST 17

"Make Room. We're Expanding"  
Bill Smith, Director of Support Services  
Marshall Medical Centers

## THURSDAY, SEPTEMBER 21

"Bladder Infections, UTIs,  
Kidney Stones, Oh My!"  
Dr. Marilyn Hopkins, Urologist  
Clinical Urology

## THURSDAY, OCTOBER 19

"Learn 'MOORE' about Orthopedic Health"  
Dr. Zachary Moore, Orthopedic Surgeon  
The Orthopaedic Center

## THURSDAY, NOVEMBER 16

"Deep Breath, It Will All Be Okay:  
Keep Your Lungs Healthy"  
Dr. Jenna Carpenter, Pulmonologist  
Pulmonary and Sleep Associates  
of Marshall County

## FRIDAY, DECEMBER 15

"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

**For more details, please call 256.571.8023**