



May June 2024

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William B. Cashin Senior Activity Center

Healthy Aging in Manchester

Get Active this Summer!

As the weather warms there is more opportunity to stay active. The Cashin Senior Center offers many options for fitness and mobility as we age. Once the weather is warm enough our Friday Tai Chi class moves to the park. Members can enjoy Tai Chi in the Park each Friday at noon. There are other options in the City of Manchester including:

- The Manchester Police offer Senior Walks on Monday mornings starting in April.
- Pickle Ball at Hallsville School.
- Parks and Recreation has numerous parks, trails and facilities throughout the City to stay active.



Whether you are a morning person or like to sleep in, the Senior Center has plenty of classes and programs to keep you moving in an air conditioned building. Sign-up, or stop by and observe any of the classes designed specifically for our aging community.

Our Hours

Monday Thru Friday
8:30am – 4:30pm
CLOSED
May 27th– Memorial Day
June 19th-Juneteenth

Senior Services Commission Meetings

May 21st at 4:00pm
June 10th at 4:30pm
**-Joint meeting with
Board of Health**

Our Address

We are located at
151 Douglas St.
Manchester, NH 03102
You can reach us by
calling 603-624-6533

Senior Center Staff

- Emily Conrad
Manager
econrad@manchesternh.gov
- Mark Ramsay
**Senior Services
Specialist II**
mrams@manchesternh.gov
- Heather Barss
**Senior Services
Specialist I**
hbarss@manchesternh.gov

Morning with the Manager

Friday June 14th 9:00am

Join Emily Conrad, our Senior Center Manager for coffee. Stay informed or ask questions about the Cashin Senior Center. Have a suggestion? This is the time to make your ideas known.



Healthy Aging Specialist Karen Sutkus



Karen is committed to improving availability and access to services that enable Manchester residents (65 and older) to live, work and age safely in their homes and community of choice. Free home visits are also available to assess client needs.
(603) 657-2718

Welcome Wagon

**May 8th
June 12th**

Welcome
New Members

10:00am Select Wednesdays each Month

If you have questions about the offerings at the Senior Center or are new to the Senior Center, please join us. On Select Wednesdays each month Senior Center Ambassadors will give tours and educate about the many programs and activities the Senior Center has to offer. If you are not sure about joining the Senior Center and want to take a look at what's going on, this is a great time to see our offerings! Some members have been going to the same program for years and have never explored additional activities. This is the time to ask those questions and see what you have been missing out on. Our Ambassadors are seasoned members and volunteers at the Senior Center that have tried many of the programs and are eager to answer your questions.

Discover all that the William B. Cashin Senior Center has to offer. Call 603-624-6533 to get on the wagon!



Coffee with the Mayor

Friday May 17th 9:00am

Enjoy coffee and conversation with our city's leader. Mayor Ruais will be at the Senior Center to hear from the members. This is a great opportunity to gain insights, asks questions, and share your thoughts.

Coffee With A Cop

Friday May 24th 9:30am

Join Senior Services Officer Duquette from the Manchester Police Department for coffee and conversation. Coffee with a cop brings police officers and community members together over coffee, to discuss issues and learn more about each other.



Horse Race

Tuesday, May 7th

Join us during BINGO for a game of horse races. It may not be the Kentucky Derby, but we have a bunch of fun! Horses are \$1.00 each. Good Luck!



Ice Cream Truck

Friday, May 24th 2pm

Enjoy Ben & Jerry's Ice Cream. sponsored by The Friends of the Cashin Senior Center.

Blood Pressure Screening

Thursday May 2nd 11am-1pm

Have your Blood Pressure checked here at the Senior Center by CMC Parish Nurses and the Students from St. Anselm's nursing program



Restorative Yoga and Reiki

Friday May 17th 1:15 to 2:45

Join LeeAnn for this small group restorative Yoga and Reiki session. This is a one time class for those interested and costs \$25.00. Participants must call/text LeeAnn to sign-up 603-365-5947.



Good Food, Good Mood

Wednesday, June 26th 11am

Mental Health includes our emotional, psychological, and social well-being. Can the food we eat affect our mood? Yes – sometimes we eat based on our emotions. Can food improve our mental health? What foods promote good mental health? Marilyn Mills, Hannaford Dietitian will review Mediterranean Eating Style and Talk about other nutrient Mental Health boosters. Tasting samples will be provided along with recipes. *Sponsored by the VNA of Manchester and Southern New Hampshire.* **Please sign-up at the front desk.**



Elvis Impersonator Ben & Jerry's Ice Cream

Thursday June 6th 1pm

Let's have some fun and kick off the summer with some entertainment and a sweet treat! Enjoy some of your favorite hits from the King of Rock and everyone's favorite ice cream. This event has been generously sponsored by the Friends of the Cashin Senior Center. Ice Cream will be served at 1pm followed by a performance by local impersonator EP Rock.



Tai Chi in the Park

Fridays 12pm

Join instructor Meghan at Derryfield Park on Fridays for some fresh air and Tai Chi. Members meet at the Gazebo.



Cell Phone Workshop

Thursday, June 27th 1pm

Join our Tech Support Volunteer, Roland. This workshop will focus on communicating using email and texting on your iPhone or Android cell phone. Topics will include:
 Setting up your contacts.
 Setting up email on your phone.
 Send and receive emails
 Forwarding and responding to emails.
 Adding attachments to an email.
 Sending and receiving texts
 Adding attachments to a text.
Sign-up at the front desk.

May 2024

MONDAY	TUESDAY	WEDNESDAY
		1
May is... Older Americans Month	Flower: Daffodil Birthstone: Aquamarine	9:30 Zumba Gold** 9:30 Art Workshop* 10:30 Double Pinochle 10:30 Exercise Program** 10:30 Parkinson's Dance Class 1:00 Bingo 1:00 Tock
6	7	8
8:30 Dominoes 9:30 Zumba Gold** 10:30 Exercise Program** 10:30 Power Up* 10:30 Remembering Together** 11:00 Book Club* 12:00 Bridge 12:30 Hand Knee & Foot 1:00 Mah Jongg 1:00 Balance & Stability by CPTE*	9:00 Fit 4 Life* 9:30 Line Dancing 10:00 Adult Coloring Class 11:30 Open Studio* 12:00 Qi Gong** 12:45 Cribbage 1:00 Bingo 1:15 Chair Yoga**	9:30 Zumba Gold** 9:30 Art Workshop* 10:00 Welcome Wagon 10:30 Double Pinochle 10:30 Exercise Program** 10:30 Parkinson's Dance Class 1:00 Bingo 1:00 Tock
13	14	15
8:30 Dominoes 9:30 Zumba Gold** 10:30 Exercise Program** 10:30 Power Up* 10:30 Remembering Together** 11:00 Book Club* 12:00 Bridge 12:30 Hand Knee & Foot 1:00 Mah Jongg 1:00 Balance & Stability by CPTE*	9:00 Fit 4 Life* 9:30 Line Dancing 10:00 Adult Coloring Class 11:30 Congregate Dining* 11:30 Open Studio* 12:00 Qi Gong** 12:45 Cribbage 1:00 Bingo 1:15 Chair Yoga**	9:30 Zumba Gold** 9:30 Art Workshop* 10:30 Double Pinochle 10:30 Exercise Program** 10:30 Parkinson's Dance Class 12:00 Interval Training** 1:00 Bingo 1:00 Tock 1:00 Lifelong Lifters**
20	21	22
8:30 Dominoes 9:30 Zumba Gold** 10:30 Exercise Program** 10:30 Power Up* 11:00 Book Club* 12:00 Bridge 12:30 Hand Knee & Foot 1:00 Mah Jongg 1:00 Balance & Stability by CPTE*	9:00 Fit 4 Life* 9:30 Line Dancing 10:00 Adult Coloring Class 11:30 Open Studio* 12:00 Qi Gong** 12:45 Cribbage 1:00 Bingo 1:15 Chair Yoga** 4:00 Commission Meeting	9:30 Zumba Gold** 9:30 Art Workshop* 10:30 Double Pinochle 10:30 Exercise Program** 10:30 Parkinson's Dance Class 12:00 Interval Training** 1:00 Bingo 1:00 Tock 1:00 Lifelong Lifters**
27	28	29
CLOSED Memorial Day	9:00 Fit 4 Life* 9:30 Line Dancing 10:00 Adult Coloring Class 11:30 Congregate Dining* 11:30 Open Studio* 12:00 Qi Gong** 12:45 Cribbage 1:00 Bingo 1:15 Chair Yoga**	9:30 Zumba Gold** 9:30 Art Workshop* 10:30 Double Pinochle 10:30 Exercise Program** 10:30 Parkinson's Dance Class 12:00 Interval Training** 1:00 Bingo 1:00 Tock 1:00 Lifelong Lifters**

THURSDAY	FRIDAY	NOTES
2	3	
9:00 Fit 4 Life* 9:30 Line Dancing 10:00 Free Hearing Screenings* 11:00 Blood Pressure Screening 12:00 Bridge 12:00 Tai Chi** 12:30 Hand Knee & Foot 1:00 Scrabble 1:15 Chair Yoga**	9:00 Wii Bowling League* 9:00 Ping Pong 9:30 Acrylic Painting Class** 10:00 Dominoes 12:00 Tai Chi 13** 12:45 Cribbage 1:00 Knit and Crochet 2:00 Ladies Pool	HILLSBOROUGH COUNTY Meals on Wheels 603-669-1699 Sign-up for Congregate Dining Call 603-424-9967
9	10	
9:00 Tech Support* 9:00 Fit 4 Life* 9:30 Line Dancing 10:30 Power Up* 12:00 Bridge 12:00 Tai Chi** 12:30 Hand Knee & Foot 1:00 Scrabble 1:15 Chair Yoga**	9:00 Wii Bowling League* 9:00 Ping Pong 10:00 Dominoes 12:00 Tai Chi 13** 12:45 Cribbage 1:00 Knit and Crochet 1:00 Balance & Stability by CPTE* 2:00 Ladies Pool	Notary Public Please Call Emily 603-624-6533 Fitness Room Orientation May 2nd & 20th Sign-up at the front desk
16	17	
9:00 Fit 4 Life* 9:30 Line Dancing 10:00 Free Hearing Screenings* 9:30 Line Dancing 10:30 Power Up* 12:00 Bridge 12:00 Tai Chi** 12:30 Hand Knee & Foot 1:00 Scrabble 1:15 Chair Yoga**	9:00 Wii Bowling League* 9:00 Ping Pong 9:00 Coffee with The Mayor 9:30 Acrylic Painting Class** 10:00 Dominoes 12:00 Tai Chi 13** 12:45 Cribbage 1:00 Knit and Crochet 1:00 Balance & Stability by CPTE* 1:15 Restorative Yoga* 2:00 Ladies Pool	<u>VNA Foot Clinic</u> May 20th Call to make an Appointment 603-622-3781
23	24	
9:00 Tech Support* 9:00 Fit 4 Life* 9:30 Line Dancing 10:30 Power Up* 12:00 Bridge 12:00 Tai Chi** 12:30 Hand Knee & Foot 1:00 Scrabble 1:00 Dementia Hearing Loss** 1:15 Chair Yoga**	9:00 Wii Bowling League* 9:00 Ping Pong 9:30 Coffee With A Cop 10:00 Dominoes 12:00 Tai Chi 13** 12:45 Cribbage 1:00 Ben & Jerry's Ice Cream Truck 1:00 Knit and Crochet 1:00 Balance & Stability by CPTE* 2:00 Ladies Pool	<u>Diabetic Shoes</u> May 9th & 23rd Call to make an Appointment 603-828-6762 <u>Free Hearing Screenings</u> Sign-up at front desk
30	31	
9:00 Fit 4 Life* 9:30 Line Dancing 10:30 Power Up* 12:00 Bridge 12:00 Tai Chi** 12:30 Hand Knee & Foot 1:00 Scrabble 1:15 Chair Yoga** 2:00 Movie Matinee*	9:00 Wii Bowling League* 9:00 Ping Pong 10:00 Dominoes 12:00 Tai Chi 13** 12:45 Cribbage 1:00 Knit and Crochet 1:00 Balance & Stability by CPTE* 2:00 Ladies Pool	New Program/Activity * Registration/Appointment Required ** Hosted Activity

Hearing Loss & Dementia

Thursday, May 23 1pm – 2:30pm

A talk with audiologist Dr. Alyssa Eastman **Exploring the Link between Hearing Loss and Dementia**. Join us as we discuss the most recent research on how hearing loss and dementia are intertwined. Q&A session immediately following the presentation.

Please Sign– up at the front desk.



Balance & Stability by CPTe

Monday and Friday at 1pm, beginning Monday May 6th

\$20.00 for 8 week workshop. Balance & Stability Training beginning May 6th at 1:00 PM. If you want to improve your balance and reduce the risk of falling, this class is for you. Fred Daniels, Exercise Specialist with Center for Physical Therapy and Exercise will take you through exercises to improve your balance and stability. The exercises will include strength, flexibility, and balance specific exercises. In addition, we will work on strategies to reduce the risk of falling when you lose your balance. The class will meet for 45 minutes on Mondays and Fridays for eight weeks. Please Sign up at the front desk. Sponsored by CPTe

Please sign-up at the front desk.

Lifelong Lifters by Pembroke Fitworks

Wednesdays 1pm beginning May 15th

Lifelong lifters is a class designed for everyone and every ability that wants to:

1. Increase bone mass and decrease symptoms of bone loss
2. Reduce stiffness and pain
3. Take balance to the next level
4. Build muscle mass

Are you ready to challenge those muscles and core? Lifelong Lifter is the fitness class for you. In this class, we will focus on building strength through lifting weights but also working on maintaining that reactivity and balance through interactive challenges. This 8-week class is \$22.00. *In collaboration with Pembroke Fitworks*

Please sign-up at the front desk.

Future In Sight

Thursday June 13th 1pm.

We are Future In Sight; a non-profit organization serving the blind and visually impaired throughout the state of NH. Through our holistic continuum of care, we provide individuals with vital services that allow them to live with confidence and dignity. Each service plan is tailored to meet the unique goals of the client. Services can include occupational therapy, orientation & mobility training, rehabilitation therapy, enrichment & peer activities, and assistive technology. Join us for an informational presentation at the Cashin Senior Center. Time for Q & A and additional resources will be available for those that attend.

Please sign-up in advance.



**FUTURE
IN SIGHT**

Senior Center Hosted Exercise Programs

Fit 4 Life

Tuesday and Thursday at 9am, beginning Tuesday May 7th.

\$20.00 for the 8 week class. This 60-minute class is designed for those seeking to improve their comfort in activities of daily living. . The class will incorporate chairs as needed.

Power up

Monday and Thursday at 10:30am, beginning May 6th. 6 weeks for \$15.00. This

is a more challenging class will include movements to improve total body fitness.

Must have completed Workout Warriors or Fit 4 Life prior to signing up.

Can't make class? Join through Zoom for FREE. **Please sign-up at the front desk.**



Coffee and Pastry complimentary. Please enjoy your refreshments in the multi-purpose room

Group Fitness Interval Training

Wednesdays beginning May 15th. Join Certified Personal Trainer Heather Cunningham of Pembroke Fitworks for a 30-minute training in the fitness room. Intensify your current workout and get your heart rate up. Sign-up for one class for \$5.00 or four classes for \$15.00. Heather be will ready to train at 12:00pm or 12:30pm. **Please sign-up at the front desk.**



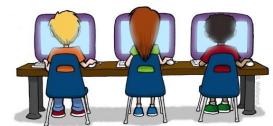
Pool tables available for use everyday beginning at 8:30am.

Adult Summer Reading Program

Manchester City Library Announces Adult Summer Reading Program 2024.

The Manchester City Library is very excited to announce that this year, we will be continuing our tradition of having an Adult Summer Reading program! We will be using ReadSquared, a web-based program that will allow you to log your reading and complete missions remotely!

We will also have an offline option, where you can still check in at the library. The Adult Summer Reading Program is open to anyone 18+. Participants earn points for reading and can use those points to purchase raffle tickets for 8 different raffles, to be drawn weekly. Mark your calendars! The program will run from June 17 – August 10. **Sign-up starts June 1.**



Computer lab available to members daily. Tech support available by appointment.

May is Older Americans Month

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

What can individuals do to connect? Invite more connection into your life by finding a new passion, joining a social

club, taking a class, or trying new activities in your community. Try a new program at the Senior Center! Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring. Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

Movie Matinee

Thursday May 31st & Thursday June 20th
Join us for an afternoon movie. \$5.00 for hotdog, popcorn, candy and soda. Stop by the front desk to sign-up for this popular activity. Movies are voted on each month. Stop by the desk to see the options.



MONDAY	TUESDAY	WEDNESDAY
3	4	5
8:30 Dominoes 9:30 Zumba Gold** 10:30 Exercise Program** 10:30 Power Up* 11:00 Book Club* 12:00 Bridge 12:30 Hand Knee & Foot 1:00 Mah Jongg 1:00 Balance & Stability by CPTE*	9:00 Fit 4 Life* 9:30 Line Dancing 10:00 Adult Coloring Class 11:30 Open Studio* 12:00 Qi Gong** 12:45 Cribbage 1:00 Bingo 1:15 Chair Yoga**	9:30 Zumba Gold** 9:30 Art Workshop* 10:30 Double Pinochle 10:30 Exercise Program** 10:30 Parkinson's Dance Class 12:00 Interval Training** 1:00 Bingo 1:00 Tock 1:00 Lifelong Lifters**
10	11	12
8:30 Dominoes 9:30 Zumba Gold** 10:30 Remembering Together** 10:30 Exercise Program** 10:30 Power Up* 11:00 Book Club* 12:00 Bridge 12:30 Hand Knee & Foot 1:00 Mah Jongg 1:00 Balance & Stability by CPTE* 4:30 Commission Meeting	9:00 Fit 4 Life* 9:30 Line Dancing 10:00 Adult Coloring Class 11:30 Congregate Dining* 11:30 Open Studio* 12:00 Qi Gong** 12:45 Cribbage 1:00 Bingo 1:15 Chair Yoga**	9:30 Zumba Gold** 9:30 Art Workshop* 10:00 Welcome Wagon 10:30 Double Pinochle 10:30 Exercise Program** 10:30 Parkinson's Dance Class 12:00 Interval Training** 1:00 Bingo 1:00 Tock 1:00 Lifelong Lifters**
17	18	19
8:30 Dominoes 9:30 Zumba Gold** 10:30 Remembering Together** 10:30 Exercise Program** 10:30 Power Up* 11:00 Book Club* 12:00 Bridge 12:30 Hand Knee & Foot 1:00 Mah Jongg 1:00 Balance & Stability by CPTE*	9:00 Fit 4 Life* 9:30 Line Dancing 10:00 Adult Coloring Class 11:30 Open Studio* 12:00 Qi Gong** 12:45 Cribbage 1:00 Bingo 1:15 Chair Yoga**	CLOSED Juneteenth
24	25	26
8:30 Dominoes 9:30 Zumba Gold** 10:30 Exercise Program** 10:30 Power Up* 11:00 Book Club* 12:00 Bridge 12:30 Hand Knee & Foot 1:00 Mah Jongg 1:00 Balance & Stability by CPTE*	9:00 Fit 4 Life* 9:30 Line Dancing 10:00 Adult Coloring Class 11:30 Open Studio* 11:30 Congregate Dining* 12:00 Qi Gong** 12:45 Cribbage 1:00 Bingo 1:15 Chair Yoga**	9:30 Zumba Gold** 9:30 Art Workshop* 10:30 Double Pinochle 10:30 Exercise Program** 10:30 Parkinson's Dance Class 11:00 Good Food Good Mood* 12:00 Interval Training** 1:00 Bingo 1:00 Tock 1:00 Lifelong Lifters**

THURSDAY	FRIDAY	NOTES
6	7	
9:00 Fit 4 Life* 9:30 Line Dancing 10:30 Power Up* 12:00 Bridge 12:00 Tai Chi** 12:30 Hand Knee & Foot 1:00 Scrabble 1:15 Chair Yoga** 1:00 Elvis & Ice Cream	9:00 Wii Bowling League* 9:00 Ping Pong 9:30 Acrylic Painting Class** 10:00 Dominoes 12:45 Cribbage 1:00 Knit and Crochet 1:00 Balance & Stability by CPTE* 2:00 Ladies Pool	HILLSBOROUGH COUNTY MEALS ON WHEELS COORDINATOR 603-669-1699 Sign-up for Congregate Dining Call 603-424-9967
13	14	
9:00 Tech Support* 9:00 Fit 4 Life* 9:30 Line Dancing 10:30 Power Up* 12:00 Bridge 12:00 Tai Chi** 12:30 Hand Knee & Foot 1:00 Scrabble 1:00 Future in Sight Meeting** 1:15 Chair Yoga**	9:00 Wii Bowling League* 9:00 Morning w/Manager 9:00 Ping Pong 10:00 Dominoes 12:00 Tai Chi 13** 12:45 Cribbage 1:00 Knit and Crochet 1:00 Balance & Stability by CPTE* 2:00 Ladies Pool	NOTES Notary Public Please Call Emily 603-624-6533 Fitness Room Orientations June 7th & 17th Sign-up at the front desk.
20	21	
9:00 Fit 4 Life* 9:30 Line Dancing 10:00 Free Hearing Screening** 10:30 Power Up* 12:00 Tai Chi** 12:00 Bridge 12:30 Hand Knee & Foot 1:00 Scrabble 1:15 Chair Yoga** 2:00 Movie Matinee*	9:00 Wii Bowling League* 9:00 Ping Pong 9:30 Acrylic Painting Class** 10:00 Dominoes 12:00 Tai Chi 13** 12:45 Cribbage 1:00 Knit and Crochet 1:00 Balance & Stability by CPTE* 2:00 Ladies Pool	VNA Foot Clinic June 3rd & 24th Call to make an Appointment 603-622-3781
27	28	
9:00 Tech Support* 9:00 Fit 4 Life* 9:30 Line Dancing 10:30 Power Up* 12:00 Bridge 12:00 Tai Chi** 12:30 Hand Knee & Foot 1:00 Cell Phone Workshop* 1:00 Scrabble 1:15 Chair Yoga**	9:00 Wii Bowling League* 9:00 Ping Pong 10:00 Dominoes 12:00 Tai Chi 13** 12:45 Cribbage 1:00 Knit and Crochet 1:00 Balance & Stability by CPTE* 2:00 Ladies Pool	Diabetic Shoes June 13th & 27th Diabetic Shoes 603-828-6762
June is ... National Smile Month	Flower: Rose and Honeysuckle Birthstone: Pearl	New Program/Activity * Registration/Appointment Required



New England Coach Trips *Call 603-895-3000*

Take advantage of some of the exciting trips with New England Coach for day or overnight trips. Make sure to call the number above to reserve your spot on these trips. Be sure to tell them that you are a member of the Cashin Senior Center.

www.newenglandcoach.com

Charles River Cruise *Wednesday, August 7th, 2024*

Sit back and relax on this 70-minute, fully narrated sightseeing cruise along the Charles River. The captain and crew will both entertain and educate while pointing out the historic and cultural sights of Boston and Cambridge. Sights include After seeing M.I.T. from the water, we'll visit their museum and learn more about the many inventions that have come from students who have attended here. **\$159pp**

Gloucester Whale Watch *Wednesday, August 14th, 2024*

We will board the Hurricane II which is the fastest vessel out of Gloucester, MA. Enjoy a high-speed ride to Stellwagen Bank. This national marine preserve is only about 12 miles off the coast of Gloucester. Deemed to be one of the top 5 whale watching destinations in the world, you'll be amazed with the variety of whale species that migrate to the coast of Gloucester every year to feed on the abundant natural resources. **\$159 pp**

Scenic Cruise & Lunch on Lake Winnepesaukee *Thursday, September 5th, 2024*

Take a cruise on one of New Hampshire's most iconic lakes. Join us for this narrated luncheon cruise on Lake Winnepesaukee. Experience the majesty and pure beauty of this lake as we sail from one side to the other and back again. After our cruise we'll make a stop for ice cream before heading home for the day. **\$144 pp**

Newport, Rhode Island *October 27th – 29th, 2024*

This is not your typical Rhode Island Tour. See Newport from the sea on our narrated cruise around the Newport Harbor and lower Narragansett Bay. The newly opened Sailing Museum and National Sailing Hall of Fame will host us with a guided visit. Step back in time to the Gilded age and attend a Cotillion. Also, tour two 'summer cottages' of the elites. We'll round off this fall tour with a visit to a Cranberry Bog and see their wet harvesting of the berries. **\$1329* pp Double**

Tennessee Christmas *November 16-24, 2024*

In Nashville, you'll feel the music all around you. Enjoy a Grand Ole Opry show, with a special backstage tour. You'll become part and of history as we record a song together at historic RCA Studio B. Enjoy southern hospitality at its best at Dolly's DreamMore Resort. From the crackling fire in the gathering room, to the VIP treatment at Dollywood, you're going to feel welcomed to this special place. **\$2399* pp Double**

Christmas Markets of England *December 7-16, 2024*

Amidst this tranquil English Country setting, we'll immerse ourselves in the festive charm of Christmas markets. These markets, set against the backdrop of medieval towns and villages, come alive with festive cheer during the holiday season. Venture into this winter wonderland. Join us on this once in a lifetime trip, discovering the elegance, charm and beauty of the English countryside and the history of this great nation. **\$4299* pp Double**

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- Tinnitus Treatment
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- Hearing Aid Fittings & Adjustments
- Vertigo & Balance Assessments

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- Health Care Advanced Directives
- Wills and Revocable Living Trusts
- Asset Protection Planning
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