

December 2023 Newsletter

TRIP ALERT!!! TRIP ALERT!!! TRIP ALERT!!!

Seniors are Special travels to Eastern Canada Explorer featuring Ottawa, Toronto, and Niagara Falls July 12, 2024 – July 19, 2024



DAY 1: Arrive in New York State: Arrive in Buffalo, New York and transfer to your hotel. Meet your Tour Manager and fellow travelers at 6:00 p.m. for a welcome dinner. Meal: Dinner

DAY 2: Travel Around Lake Ontario to Canada: Depart Buffalo this morning and travel around Lake Ontario to Canada. Have your passports ready as you cross the historic St. Lawrence River and into our “Neighbors to the North.” The destination is the majestic city of Ottawa, your home for the next two nights. Meal: Breakfast

DAY 3: Ottawa, Canada’s Capital City: Today a local guide conducts a narrated sightseeing tour of Ottawa, Canada’s stately

capital. See the picturesque Parliament buildings, the colorful open-air marketplace as well as the residences of both the Governor General and Prime Minister. Also included are the War Memorial, the Peace Tower, and the historic Rideau Canal. In the afternoon you will tour the Canadian Museum of History followed by a narrated cruise to explore the Ottawa River and its rich historical surroundings. Meals: Breakfast & Dinner

DAY 4: Cruising In Canada’s Thousand Islands National Park: Leave Canada’s capital behind this morning and depart for the river town of Gananoque where you board your cruise vessel for a journey through Canada’s Thousand Islands National Park. This collection of islands was known by the native peoples as “Manitoana” or the “Garden of the Great Spirit.” You will see 5th and 6th generation family cottages, a wide variety of wildlife, lighthouses, and breathtaking views. Back on land, continue to the Ontario capital of Toronto, your home for the next two nights. Meal: Breakfast



DAY 5: Toronto Touring and CN Tower: Welcome to Toronto, Canada’s largest city. Here a local guide conducts a panoramic tour of this cosmopolitan city. See the unique City Hall building, Parliament, and Toronto’s Chinatown district. Later, a visit to Casa Loma Castle is included. The home of Sir Henry Pellatt, a prominent Canadian financier of the early 20th century, this renowned Toronto landmark features unique architecture and beautiful stained glass. For some excitement, you will soar high to the top of the famous CN Tower. Experience the dramatic panoramic views of Toronto and enjoy a delicious, included dinner high atop the tower. Meals: Breakfast & Dinner

DAY 6: Niagara-on-the-Lake Wine Trail: Skirting Lake Ontario, your travels today take you through the winery-rich Niagara Peninsula. Here, a stop at the region’s original winery, Inniskillin for a tour and tasting is planned. Then, continue to another of the peninsula’s great wineries Jackson-Triggs. Here, you are treated to a casual family-style lunch served with a carefully paired glass of wine followed by an estate tour. Later, continue to the beautiful town of Niagara Falls, your home for the next two nights. Meals: Breakfast & Lunch

Continued on the next page

DAY 7: Exploring Niagara Falls: This morning take an unforgettable boat ride to the foot of Niagara Falls. Experience the power and majesty of Niagara Falls from this remarkable and up-close vantage point. Later, climb aboard the world-class Niagara SkyWheel for a breathtaking view of the Horseshoe and American Falls. At 175 feet tall and featuring 42 fully enclosed gondolas, this is the most exciting way to see the falls. Tonight, enjoy a farewell dinner. Meals: Breakfast & Dinner

DAY 8: Return Home from Buffalo: Bid a fond farewell to Canada this morning with a group transfer at 8:30 a.m. to the Buffalo Niagara International Airport for flights out after 12:00 p.m. Meal: Breakfast

Tour Highlights:

12 Meals: 7 Breakfasts, 1 Lunch, and 4 Dinners

Airfare and round trip airport transfers

Parliament Hill, the House of Commons and War Memorial in Ottawa

Tour the Canadian Museum of History followed by a narrated cruise on the Ottawa River

Cruise through the beautiful Thousand Islands, known as the “Garden of the Great Spirit” by the native peoples of the region

Narrated Tour of City Hall, Parliament, and Chinatown in cosmopolitan Toronto

Visit Casa Loma Castle, the renowned Toronto Landmark featuring unique architecture and stained glass

Soar to new heights at the top of the CN Tower for dramatic views of Toronto and enjoy an included dinner

Tour and wine tasting at the Niagara Peninsula’s original winery, Inniskillin

Included family-style lunch and wine pairing at Jackson-Triggs Estate followed by a winery tour

Enjoy a thrilling ride to the foot of Niagara Falls aboard the Hornblower Niagara Cruises catamaran

Ride the exciting Niagara SkyWheel for breathtaking views of the Horseshoe and American Falls



Hotel Accommodations:

Day 1 – Buffalo Airport Hotel, Buffalo, New York

Days 2 and 3 – Lord Elgin Hotel, Ottawa, Ontario

Days 4 and 5 – Chelsea Hotel, Toronto, Ontario

Days 6 and 7 – DoubleTree Fallsview Resort & Spa, Niagara Falls, Ontario

* Passports are required and must be valid for six months after the RETURN date of July 19, 2024.

Costs: The cost of this trip is \$3,749 per person with double occupancy (add \$1,089 for single). Travel Protection is available for an additional \$250 per person and must be paid at time of deposit.

\$100 discount per person when booked by 01/31/2024.

If you are interested, but unsure or have questions, Seniors are Special and Mayflower will be hosting an informational presentation on Tuesday, December 19th at 5:30pm at the UMC Activities Center located at 7105 Kewanee Ave.

For more information or to reserve your spot for this amazing trip, please call the office at 806-775-8760.



UMC ACTIVITIES CENTER

Avery Williamson

Meet the UMC Activities Center staff:



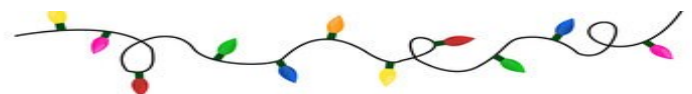
Avery Williamson: Avery is a nationally certified strength and conditioning coach and loves working with the senior population. He has been a Program Coordinator since June of 2022 and currently teaches *Strictly Strength* on Mondays, Wednesdays,

and Fridays, *Seated Strength* Mondays and Wednesdays, and *Exercise 1* on Tuesdays and Thursdays. “I enjoy seeing the members get the results they are looking for. The reactions on their faces are priceless and it is all because of the hard work they put in to these classes.”



Shana Barnett: Shana is a Program Coordinator for both the Activities Center and Seniors are Special. She has been a part of UMC for over 15 years and loves working for such a great organization. Shana currently teaches *Intro to Wellness* on Mondays,

Wednesdays, and Fridays. “I am enthusiastic about what our members have to offer, they always keep me on my toes.”





Terri Coffey: Terri has assisted/volunteered with the Line Dance program for numerous years. She currently teaches *Line Dance with Terri* on Thursdays. Terri says, "I Line Dance because it is more fun and cheaper than therapy!!"



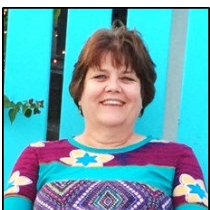
Cindy Dunn: Cindy began as a student of *T'ai Chi Chih®* with us in 2003 and has been teaching since 2005. She currently teaches *T'ai Chi Chih®* on Tuesdays and Thursdays. Cindy says, "I encourage everyone to try *T'ai Chi Chih®* . The movements are slow and gentle and do not involve physical contact, but rather emphasize self-awareness, well-being and energy flow. I always invite my students to relax, slow down and LET GO!"



Jim & Linda Finn: Jim & Linda teach the *Learn to Dance* classes Monday nights and Wednesday afternoons; they learned ballroom dancing at a Fred Astaire studio in California and have been dancing together for over twenty years. They believe that dancing keeps the mind sharp, the body flexible and is a great way to maintain good balance. They offer beginning and intermediate level dancing instruction in Waltz, Foxtrot, Rumba, Cha Cha, Tango, East Coast Swing, Country/Western Two Step, Hustle and Night Club Two Step. Jim and Linda love to dance and enjoy teaching.



Cherish Keeney: Cherish joined the UMC Activities Center as an instructor in November. Although she is fairly new, she brings a lot to the UMC Activities Center. She comes with tons of knowledge and care for anybody she is working with. She teaches Chair Yoga PM on Tuesdays. "I love helping people feel better and stronger and this class allows me to do just that."



Gail McCluskey: Gail began as a member in 2013 and now teaches several classes. She currently teaches *Line Dance Level 1* on Mondays and Tuesdays, *Line Dance Level 2* on Tuesdays, and *Line Dance Level 3* on Thursdays. Gail says, "Coming to the UMC Activities Center is a social event as much as an exercise program, and I encourage people to visit to see what a wonderful place this is."



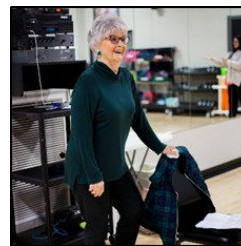
Anita Owens: Anita began as a member with the program when she moved to Lubbock in 2014. She is certified by Yoga Alliance as an Instructor and has 13 years teaching experience. Anita currently teaches *Yoga AM* on Mondays, Wednesdays, and Fridays. Anita says, "I started taking yoga because of back pain, so I love to hear my students say that Yoga is helping them with their own physical issues."



Nancy Pawlik: Nancy began as a member in 2012; she helped with the Line Dance program for many years and eventually began teaching. She teaches *Line Dance Level 4* on Mondays. Nancy says, "It is with your feet you move, but it is with your heart that you Dance."



Janet Powell: Janet had been a sub for the UMC Activities Center for many years and began regularly teaching for us in 2019. She started teaching fitness classes in 1985 when she was a freshman at Oklahoma State, since then she has taught all different kinds of classes over the years. Janet currently teaches *Total Body* on Mondays, Wednesdays, and Fridays. Janet says "The relationships and comradery that develop in classes between participants is a joy to experience. It motivates me to keep doing something that I love."



Sharon Ronzo: Sharon is a loyal instructor that you can always count on. She is friendly, fun, and quick-witted. She has an exceptional class teaching *Mobility and Balance* on Tuesdays and Thursdays. "I enjoy teaching *Mobility and Balance* because it is something everyone needs, especially seniors."



Larry Sava: Larry's teaching experience spans elementary through college levels, including over 30 years working with special needs populations and over 20 years teaching with our program. He currently teaches: *Forms of T'ai Chi* on Wednesdays. Larry's philosophy is "It's never too late to start an exercise/wellness program."





Robin Walker: Robin has been teaching with us from the beginning of our program in 2001 and currently teaches the *Aerobics* and *Exercise 2* classes on Tuesdays and Thursdays. Robin says, "I love teaching these senior fitness classes. They are an inspiration to me!"

If you are not a member of the UMC Activities Center, you are welcome to try any of the classes these talented instructors teach for a \$5.00 guest fee. We ask that you come a few minutes before class to sign a waiver and pay your fee. For more information, please feel free to reach out to the UMC Activities Center at (806) 761-0676. The UMC Activities Center is looking forward to new things happening this upcoming year and hope you will enjoy them with us. Thank you!

Holiday Closures: The UMC Activities Center will be CLOSED Monday, December 25th and Monday, January 1st so that our staff can spend time with their families during the Christmas and New Year's Holidays.



Seniors are Special.
Volunteers, and
Guest Services
would like to wish
you a happy and
healthy holidays!

AARP Safe Driver's Course - December 12th
12:00pm-4:00pm

UMC Business & Technology Center
309 N. Slide, Lubbock TX 79416

Call (806) 775-9315 to register

Cost is \$20 for AARP Members
and \$25 for non-members

VOLUNTEER SPOTLIGHT

Catlin McCune

To wrap up our year, we are putting the spotlight on one of our student volunteers, Carter Owen!



Carter has been volunteering with us for the past 6 months and has done so much for UMC in this short time. He is a leader of our popcorn committee, plays his guitar for our patients, and was a team player in our November bake sale! Carter is from Silver

Springs, TX. He was recently accepted into Texas Tech Nursing School at our very own Lubbock campus and is expected to graduate in the Spring of 2025. When Carter is not volunteering or studying, he enjoys playing his guitar, fishing, and playing disc golf! We are so proud of Carter and his accomplishments... he is going to do amazing things! Thank you for your constant support and service to our department and healthcare system.

SENIORS ARE SPECIAL CALENDARS:

As many of you know in past years Seniors are Special has distributed calendars at the December Style Show to all attendees. Unfortunately, due to construction at the main campus and limited space at the UMC Activities Center we will not be hosting a Style Show this year. But don't worry! There will be a limited number of calendars available for our members at the UMC Activities Center, conveniently located 7105 Kewanee Ave. Calendars will be given on a first-come-first-serve basis, and will not be "held" for anyone. For questions or directions, you can call the UMC Activities Center at 806.761.0676.

UMC Health System currently has an **immediate need for volunteers** to serve at our Information Desks in the East Tower (Main Campus) and at Southwest Medical Center (82nd & Memphis). Information desk volunteers support guests and patients with wayfinding, questions, and general support.

Volunteers at UMC serve and support patients and guests during life's most precious moments. They are able to both celebrate with those who are welcoming new life and comfort those facing challenging times. Volunteers are an extension of our culture, are essential to the fulfillment of our mission.

+ VOLUNTEERS NEEDED

Are you interested in helping support UMC Health System and our community? Volunteering is a great way to get involved! UMC Health System relies on the support of our volunteers who generously give their time in support of our mission to help the community and provide the best care possible. Here are some ways you can get involved:

- Greeting Program
- Courier
- Helping the Information Desks
- Therapy Programs (*Pet & Music Therapy*)
- Donations (*Patient Care Packages, Nursing/Staff Care Packages, Books, Cards, Blankets, Toys, ect.*)



Ready to get started or have questions? Please follow the contact information down below or scan the QR code on the back for more details!

CONTACT US:

PHONE: (806)775-8238

EMAIL: CATLIN.MCCUNE@UMCHEALTHSYSTEM.COM