



## Mercy Senior Travel

Register for all events at [mercy.net/senior-events](http://mercy.net/senior-events) or call **417.841.0333**



### Spring Migration of Sandhill Cranes Platte River Valley

Kearney, Nebraska

March 18-21, 2019

(Monday through Thursday)

Activity Level MODERATE

Cost pp room: \$775 single, \$580 double, \$525 triple

Join us as we travel to Kearney, Nebraska to view the magnificent cranes on the Platte River. The Crane Trust documented that a Platte River sandbar on their property serves as the largest crane roost in the world during the Sandhill cranes' spring migration. This one-of-a-kind experience draws beginning birders to scientists from across the country and across the globe. On the way, we will stop over in St. Joseph, MO to visit the Walter Cronkite Museum and then create a crane glass art piece at the Tobiason Art Studio.

### Inside this edition:

What are your interests?



EDUCATION



TRAVEL

On the way to Kearney, we will stop in Lincoln and go behind the scenes at the International Quilt Study Center which is home of the largest known public collection of quilts in the world. Four-day trip includes: motorcoach, three nights hotel, three breakfasts, three lunches, two dinners, all admissions and activities as listed in the itinerary, all tour-related taxes, snacks on the bus, guide services and all gratuities.



### England's Masterpieces

July 9-19, 2019 | Activity Level ACTIVE

Cost pp room (includes air): \$5,699 single, \$4,659 double

For British TV fans who wish to see their beloved show sites in southern England including; London, Oxford, Bath, Stourhead Gardens, Exeter, Port Isaac, Cornwall, Lost Gardens of Heligan, St. Ives, Lanhydrock House and Gardens, Bovey Castle, Stonehenge, Highclere Castle and more. Call for a complete itinerary or visit [mercy.net/senior-events](http://mercy.net/senior-events).

All admissions and activities as listed in the itinerary, all tour-related taxes, guide services and all gratuities.

Deposit: \$300 per person to secure your reservation.

### World Premier!

## NELLY DON, THE MUSICAL

Musical Theater Heritage

Kansas City | March 27-28, 2019

Activity Level MODERATE

Cost pp room:

\$335 single, \$265 double

**Meet the woman behind the largest dress design the world has ever seen!**

This is a fully produced original play celebrating the American entrepreneurial experience of Nelly Don, an improbable heroine whose life's mission was to champion the beauty of women through fashion. It is the true-life, Kansas City story that includes romance, fashion, glamour, justice and gangsters! We will lunch at Tom's Town Distillery, named for Tom Pendergast, a former 'political boss' who controlled KC in the mid 1920's and whose organization helped to launch the political career of Harry S. Truman. Following lunch, we tour the National Museum of Toys and Miniatures before checking into our hotel at the Country Club Plaza and seeing the musical at Crown Center. The next day we visit the 1882 Vaile Mansion, designed by KC architect Asa Cross in the Second Empire style—a home dubbed "the most princely house and the most comfortable home in the entire west." We will have lunch at Ophelia's Restaurant in Independence, MO, housed in a 1907 historic building.

**NOTE:** Place your cursor on the **BLUE TITLES** and when a hand appears you can click through to the online registration page.

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## A Bronx Tale

The Walton Arts Center  
Fayetteville, AR

Thursday | February 28, 2019  
\$145 | Activity Level MILD

Broadway's hit crowd-pleaser takes you to the stoops of the Bronx in the 1960s - where a young man is caught between the father he loves and the mob boss he'd love to be. Making its Walton Arts Center debut, A Bronx Tale is bursting with high-energy dance numbers and original doo-wop tunes from Alan Menken. Directed by Academy Award® winner Robert De Niro and Tony® winner Jerry Zaks, this unforgettable story of loyalty and family is based on Academy Award nominee Chazz Palminteri's story. The New York Times hails it as "A Critics' Pick! The kind of tale that makes you laugh and cry."

## The Game's Afoot

Stone's Throw Dinner Theatre  
Carthage, MO

Sunday | March 31, 2019 | \$69

## Waitress

The Walton Arts Center  
Fayetteville, AR

Thursday | April 11, 2019  
\$145 | Activity Level MILD

Brought to life by a groundbreaking all-female creative team, this irresistible new hit and Walton Arts Center premier features original music and lyrics by six-time Grammy® nominee Sara Bareilles, a book by acclaimed screenwriter Jessie Nelson, choreography by Lorin Latarro and direction by Tony Award®-winner Diane Paulus. Inspired by Adrienne Shelly's beloved film, "Waitress" tells the story of

Jenna - a waitress and expert pie maker who dreams of a way out of her small town and loveless marriage. A baking contest in a nearby county and the town's new doctor may offer her a chance at a fresh start, while her fellow waitresses offer their own recipes for happiness. But Jenna must summon the strength and courage to rebuild her own life. Don't miss this uplifting musical celebrating friendship, motherhood and the magic of a well-made pie.

## Biloxi Blues

New Theatre & Restaurant  
Overland Park, KS

Wednesday | April 17, 2019  
7:15 a.m. - 7 p.m.

\$89 | Activity Level MILD

The laughter rarely stops in this Tony Award-winning "Best Play" that tells the story of Eugene Jerome and his experiences as a 19-year-old draftee who, with a handful of other recruits must endure ten weeks of boot camp and a tough-as-nails, hard-drinking platoon leader in the steaming swamps of Biloxi, Mississippi in 1943.

## Barefoot in the Park

Stone's Throw Dinner Theatre  
Carthage, MO

Sunday | May 19, 2019 | \$69

## CATS

The Walton Arts Center  
Fayetteville, AR

Thursday | May 30, 2019  
\$145 | Activity Level MILD

CATS, the record-breaking musical spectacular by Andrew Lloyd Webber that has captivated audiences in more than 30 countries and 15 languages, is now on tour across North America. Audiences and critics alike are rediscovering this beloved musical with breathtaking music, including

one of the most treasured songs in musical theater — "Memory." Winner of seven Tony Awards® including Best Musical, CATS tells the story of one magical night when an extraordinary tribe of cats gather for its annual ball to rejoice and decide which cat will be reborn. The original score by Andrew Lloyd Webber along with the original scenic and costume design by John Napier remain but all-new lighting design by Natasha Katz, new sound design by Mick Potter, new choreography by Andy Blankenbuehler and direction by Trevor Nunn make this production a new CATS.

## Come From Away

St. Louis Fabulous Fox Theatre  
Thursday | May 23, 2019

\$185 | Activity Level MODERATE  
*"When the world stopped,  
their stories moved us all."*

Come From Away is based on the true story of when the isolated community of Gander, Newfoundland played host to the world. What started as an average day in a small town turned in to an international sleep-over when 38 planes, carrying thousands of people from across the globe, were diverted to Gander's air strip on September 11, 2001. Undaunted by culture clashes and language barriers, the people of Gander cheered the stranded travelers with music, an open bar and the recognition that we're all part of a global family.

## The Buddy Holly Story

New Theatre & Restaurant  
Overland Park, KS

Wednesday | June 12, 2019  
7:15 a.m. - 7 p.m.

\$86 | Activity Level MILD

It's back! One of our most popular productions of all time! BUDDY-THE

BUDDY HOLLY STORY. This joyous musical tells the story of Buddy Holly's short, yet explosive career and features his classical hits: "Peggy Sue", "That'll Be The Day", "Not Fade Away", "Oh Boy", "Maybe Baby", "Rave-On" and many more. This show rocks!

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## Les Miserables

**The Walton Arts Center**

**Fayetteville, AR**

**Thursday | June 20, 2019**

**\$145 | Activity Level MILD**

Cameron Mackintosh presents the new production of Alain Boublil and Claude-Michel Schönberg's Tony Award®-winning musical phenomenon, *Les Misérables*, direct from an acclaimed two-and-a-half-year return to Broadway. Set against the backdrop of 19th-century France, *Les Misérables* tells an unforgettable story of heartbreak, passion and the resilience of the human spirit. Featuring the beloved songs "I Dreamed A Dream," "On My Own," "Stars," "Bring Him Home," "One Day More" and many more, this epic and uplifting story has become one of the most celebrated musicals in theatrical history. With its glorious new staging and dazzlingly reimagined scenery inspired by the paintings of Victor Hugo, this breathtaking new production has left both audiences and critics awestruck.

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## Mary Poppins

**Cedar Street Playhouse | Rolla, MO**

**Friday | June 28, 2019**

**\$89 | Activity Level MILD**

Everyone's favorite practically perfect nanny takes the stage in this supercalifragilisticexpialidocious musical adventure! Based on P.L. Travers' cherished stories and the classic 1964 Walt Disney Film, *Mary*

*Poppins* features the Academy Award® winning music and lyrics of Richard M. Sherman and Robert B. Sherman and several brand new, breathtaking songs for the stage. Experience the enchanting mixture of irresistible story, unforgettable songs, spectacular dance numbers, and astonishing stagecraft that make this the musical that soars high above the rest. Believe in the magic of *Mary Poppins* and discover a world where anything can happen if you let it!

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## 25th Annual Putnam County Spelling Bee

**Historic Owens Theatre | Branson**

**Sunday | July 21, 2019**

**\$89**

## My Fair Lady

**Cedar Street Playhouse | Rolla, MO**

**Friday | August 2, 2019**

**\$89 | Activity Level MILD**

*My Fair Lady* is based on George Bernard Shaw's classic play, *Pygmalion*. In this beloved musical, pompous phonetics professor Henry Higgins is so sure of his abilities that he takes it upon himself to transform a Cockney working-class girl into someone who can pass for a cultured member of high society. His subject turns out to be the lovely Eliza Doolittle, who agrees to speech lessons to improve her job prospects. Higgins and Eliza clash, then form an unlikely bond.

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## Ark Encounter and Creation Museum

**Petersburg & Williamstown, KY**

**August 6-10, 2019**

*Activity Level ACTIVE*

**Cost pp room:**

**\$1,099 single, \$875 double,**

**\$785 triple, \$715 quad**

**Join us for a Tour of Biblical**

## Proportions as Bible History Comes to Life!

The 5-day bus tour starts in Springfield, IL with a visit to the Abraham Lincoln Presidential Library. Then journey on to Petersburg, KY to experience the Creation Museum. Walk through the Garden of Eden. Dig up dinosaur bones or come face to face with T-Rex. Along with your self-guided tour of the museum you can also enjoy the Stargazers Planetarium, petting zoo, botanical gardens and so much more. Prepare to be blown away as you explore the life-sized reconstruction of Noah's Ark. Built according to the dimensions given in the Bible, Ark Encounter is a jaw-dropping structure that presents a number of historical events centered on Noah's Ark as recorded in the Bible. As the largest timber-frame structure in the world, the 510 foot-long, full-size ark is over 7 stories tall and designed to be historically authentic. Tour includes buffet lunch at the exhibit and a Belle of Cincinnati Riverboat dinner cruise on the beautiful Ohio River. We'll stop in Grand Rivers, KY to visit Patti's 1880 Settlement, a re-created historical log cabin village, beautiful gardens with dinner at Patti's Restaurant and overnight accommodations at Pattie's Inn & Suites.

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## Steel Magnolias

**Historic Owens Theatre**

**Branson, MO**

**Thursday | August 29, 2019**

**2:30 - 10:45 p.m.**

**\$95 | Activity Level MILD**

**"The only thing that separates us from the animals is our ability to accessorize." - Clairee**

*Magnolias* - PG-13 | *Steel Magnolias* is a comedy-drama about the bond among a group of Southern women in northwest Louisiana. The action is set

in Truvy's beauty salon in Chinquapin, Louisiana, where all the ladies who are "anybody" come to have their hair done. Filled with hilarious repartee and not a few acerbic but humorously revealing verbal collisions, the play moves toward tragedy when, in the second act, the spunky Shelby (who is a diabetic) risks pregnancy and forfeits her life. The sudden realization of their mortality affects the others but also draws on the underlying strength—and love—which give the play, and its characters, the special quality to make them truly touching, funny and marvelously amiable company in good times and bad. We will have lunch at the **newly opened Paula Deen's Restaurant** on the Branson Landing.

## Joseph and the Amazing Technicolor Dreamcoat

**New Theatre & Restaurant  
Overland Park, KS**

**Wednesday | September 4, 2019**

**7:15 a.m. - 7 p.m.**

**\$89 | Activity Level MILD**

Based on the "Coat of Many Colors" story from The Bible's Book of Genesis, this upbeat musical is filled with a cornucopia of musical styles. From country-western to calypso to bubblegum pop and rock 'n' roll, this Old Testament tale emerges both timely and timeless.

### Activity Levels

**MILD:** May require some leisurely walking. There may be minimal steps or uneven surfaces and some standing.

**MODERATE:** May require moderate walking and extended standing. There may be steps or uneven surfaces

**ACTIVE:** May require extended periods of walking and standing. There may be numerous steps or uneven terrain.

With its family-friendly storyline, universal themes and catchy music, **JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT** is a musical theatre event not to be missed.



## Events and Seminars

Call **417.841.0333** to register or online at **mercy.net/senior-events**

### AARP Safe Driving Classes

**4-hour course | 10 a.m. to 3 p.m.**

**Last Wednesday of the month**

**\$15 for AARP members**

**\$20 for non-members**

The AARP Driver Safety Program is designed for individuals age 50 and older. During this four-hour class, drivers refine skills and develop safe, defensive driving techniques. There is no test. Daytime, evening and weekend classes are available monthly. Pay the instructor day of class. For location and to register online go to **mercy.net/senior-events** or call **417.841.0333**

### 2019 Dine with the Docs

Learn more about various health topics and meet our Mercy medical professionals and other experts. We meet 3rd Monday monthly at 11:30 a.m. in the Hammons Multipurpose Room, 1325 East Cherokee.

*Cost of \$8 at door with buffet lunch provided. Reservations required.*

Register online at **mercy.net/senior-events** or call **417.841.0333**

- **National Glaucoma Awareness Month** | Monday, January 28, 2019
- **Heart Health Awareness Month** Monday, February 25, 2019
- **National Colorectal Awareness Month** | Monday, March 25, 2019

- **Esophageal, Head and Neck Cancer Awareness Month**

Monday, April 22, 2019

- **Stroke Awareness Month**

Monday, May 20, 2019

### Medicare "Getting Started" Session

**Second Saturday | 9 a.m.**

**Third Monday | 5:30 p.m.**

**Hammons Heart Multipurpose Room**

1325 E. Cherokee | Springfield

Mercy hosts free educational sessions for those preparing to age into Medicare and/or retire. Our free educational sessions will cover:

- **Medicare Parts A & B and Part D (drug coverage)**
- **The difference between Part C (Medicare Advantage) and Medicare Supplement Insurance Plans**
- **Important dates that impact when you can enroll, change coverages and potential penalties**
- **What to consider as you elect your coverage**
- **How to find available assistance options**

Register online at **mercy.net/medicarespringfield** or call **417.841.0333**

### Park Walkers - FREE

**Tuesdays and Thursdays**

**7:30 to 8:30 a.m.**

Make new friends and always have a walking partner. Meet every Tuesday and Thursday at 7:30 to 8:30 a.m. in four of Springfield's beautiful parks. Walkers will exercise for one hour each day and walk approximately three miles - "rain or shine." The walk will cancel if Springfield Parks are closed due to weather issues. Bring water with you and wear comfortable and stable shoes. Dress appropriately

for the weather conditions. For park locations, go to [mercy.net/senior-events](http://mercy.net/senior-events) or call **417.841.0333**

## Gentle Yoga with Valerie

Tuesdays | 9:30 to 10:30 a.m.

4th floor Surgery Center

Carve out some time on the mat with this gentle yoga class, perfect for beginners who want gentle stretching and poses. Beginning and ending with deep relaxation, this longer yoga class for mature adults moves slowly and deliberately through a gentle sequence of poses that helps you stretch and feel calm and balanced. Some poses may be performed in a chair to enhance balance. Gentle music is played to provide a calming atmosphere. Bring a yoga mat, water bottle, and wear comfortable clothing. **PLEASE NOTE:** You need to be able to sit on the mat on the floor to do this class.

Room space is limited to 20 so reservation required. Register at [mercy.net/senior-events](http://mercy.net/senior-events) or call **417.841.0333**

## Chronic Pain Self-Management Class

*Developed by Stanford University by the Patient Education Research Center*

Learn how to manage chronic pain symptoms and gain confidence and motivation to deal with challenges living with chronic pain. Skills you will learn include:

- **Using your mind to manage symptoms**
- **Coping with difficult emotions**
- **Setting goals and problem solving**
- **Ways to talk to doctor, family, and friends about your needs**
- **Exercise and healthy eating**

**Cost: \$30 | Registration required**  
Call **417.888.6789** for times and locations.

## Computer Classes

**Nine 2-hour sessions - FREE**

*Meets monthly*

Mercy Seniors offer 9 basic computer classes for beginners free of charge. You must attend all classes within the month. Classes offer one-on-one assistance. You will learn to navigate the Windows operating system, organize files and folders, place photos in documents, learn how to access MyMercy medical records and safely navigate the internet. If you have a laptop computer, bring it along with the power cord and the mouse. The instructor will call you prior to the start of class. Reservations are required. Register online at [mercy.net/senior-events](http://mercy.net/senior-events) or call **417.841.0333**

*You must attend all classes within the month*

## Learn to Use Your iPhone/ iPad - FREE

2-hour sessions | 1:30 to 3 p.m.

**Second and Fourth Tuesday  
Schweitzer Brentwood Branch Library**  
2214 Brentwood Blvd. | Springfield

Discover how apps can help you simplify tasks, stay connected while you're on the go and keep in touch with people and interests in your life. This beginner course is for you. Reservations are required.

## Tax Counseling Begins February 1, 2019

The Senior Age Area Office on Aging coordinates free tax assistance for seniors across 17 counties of Southwest Missouri. Even if you do not need to file state and federal tax forms, you may qualify for a State of Missouri rebate on rent expense, real estate tax or nursing home expense. IRS certified volunteers are available to provide

confidential assistance with completing these claims under the MO-PTC program.

**NOTE:** *Volunteers are unable to prepare returns that involve the following: self-employment, rental property, health savings account, or for ministers.*

Call one of these locations beginning January 2, to schedule a tax appointment:

- **South Side Senior Center**  
**417.890.1313**
- **Northview Senior Center**  
**417.837.5808**
- **Great Southern | 417.862.0762**  
**After February 1, call 417.823.8084**
- **Mercy Seniors at Smith Glynn.**  
**Schedule online at [mercy.net/senior-events](http://mercy.net/senior-events) or call 417.841.0333**
- **For other locations,**  
**call 417.862.0762**

## Mercy Health Foundation Springfield

was established in 2001 to support the advancement of Mercy Hospital Springfield. Financial support from individuals, corporations and foundations enable us to carry out the mission "to bring to life the healing ministry of Jesus through our compassionate care and exceptional service" in each of our communities. Whether you help us purchase equipment, support health care programs or construct new buildings, your gift makes a lasting impact on the patients we serve as well as our communities. We need your help to continue to move our mission forward.

If you are interested in making a gift and/or learning more about: Mercy Kids, Mercy Heart, and Mercy Oncology, call **417.820.9855**