

June 2022

Senior Active Lifestyle

The Senior Center at Ashland City | 104 Ruth Drive | Ashland City, TN 37015



Center Staff

Gena Batts,

Director

Joanna Burcham,

Assistant Director

Roy Dye,

Program Coordinator

Kathy Nicholson,

Program Coordinator

Alicia Shaneyfelt,

Staff Support

Lindy Murff,

Health/Fitness Instructor

Barb Batson,

Health/Fitness Instructor

Center Hours

Monday - Friday

8:00 a.m. to 4:00 p.m.

Phone:

615-792-3629

Website:

ashlandcitytn.gov/senior

Facebook:

The Senior Center at Ashland City

**The Senior Center at
Ashland City is supported by:
The Town of Ashland City**

Grants from

**Greater Nashville Regional Council
TN Council on Aging & Disability**

Friends of the Center Member Donations



Summer Is In The Air

Can you believe that summer is here already? The warmer temperatures certainly remind us. I hope some of you will take this time to enjoy the calming sounds of a summer night and the feel of the sun upon your face.

June is a special month for our Roy Dye. He has decided to join the retirement life and enjoy doing the things he wants to do. Roy has served our members here for seven years. During his time, he has been such a blessing to not only me, but also to the rest of the staff and our seniors. Roy was responsible for initiating our social platform on Facebook and posting pertinent information to keep everyone updated of our activities. He also maintained our member attendance data, assisted with the newsletter, and any other duties that were asked of him. Roy is best known for his sound advice and encouraging words. It will be difficult to not have him here as a co-worker, but I am happy that he will now have the time to be with his family and friends. Roy, may you be blessed with good health and much happiness in your retirement! Thank you for everything you have done! You will be dearly missed!

Be the sunshine for someone today! *Gena*

Trips

Be sure to check out the flyer for the Branson trip. We have only a few spots left, so call soon if you plan to go.

Reminders and Info

We will be taking our kayaks out this month. I will be contacting those who have paddled with us in the past to let them know the date. If anyone else would like to join us, please call me at the center.

Friday Night Dances at 7 p.m.

June 3rd – Barry Brake & Still Kickin' Country

June 10th– Fred Winston & The Stable Boys

June 17th – Kevin Dobson & Along for the Ride



Doors open at 6:00 p.m. Admission is \$7.00 per person

June 25th – Ruby Johns Appreciation Dance 1:00 – 3:00 p.m.

We are having a special dance this month to appreciate the many contributions Ms. Ruby Johns has made to our dances and to the center. Rode West will be entertaining us, and admission is free for this dance.



The center is asking for donations of coffee (Folger's or Maxwell House) and coffee creamer of any flavor. If you would like to donate, it would be greatly appreciated!

Special Events This Month

Each Monday & Wednesday at 11:00
Kathy's Kitchen Lunch Meal



See attached menu for more information. You must sign up in advance to eat. Please call as soon as possible if you will not be able to come to the lunch.



Weds., June 8 at 11:00 a.m.
Bingo Lunch with Jackie McGee

Join us for bingo and lunch with Kathy's Kitchen. If you want to attend, call us to register by June 3rd. Please call as soon as possible if you will not be able to come to the lunch. You do not have to purchase a lunch to attend the bingo portion, but you do have to register for the event.



Tuesday, June 21 at 10:00 a.m.

Card Making with Kathy Nicholson

The cost will be \$5.00 each to cover the cost of the materials. Cards to be made are 4th of July, and all occasion. For more information and to sign up, please call Kathy by June 17th.



Tuesday, June 28 at 11:00 am
Lunch & Learn

We are thrilled to have Dr. Marianne Johnson from Cheatham Eye Care to talk with us about healthy eye care and cataract prevention. June is the national month for Cataract Awareness. Lunch will be provided that day, but you must call by June 21st to sign up.



Community Food Banks & Services

Ongoing – Food boxes available here at the center.

Ongoing – Food available at Bethesda Center at 124 S. Main St. in Ashland City. Call them at 615-792-1389 for an appointment.

Ongoing – Mid-Cumberland Community Action Agency offers help with medical expenses, utility expenses, rental assistance, personal care and cleaning supplies, and assistive devices. Call 615-742-1113 ext. 1100 for more information.

Each Wednesday – 24 Church at 1502 Substation Rd in Pleasant View from 6-7 pm.

Saturday, June 4 – Mission of Hope Assembly at 6307 Hwy 41-A in Pleasant View from 10 am – 2 pm.

Saturday, June 4 – One Generation Away Food Giveaway at Ashland City Elementary at 108 Elizabeth St. in Ashland City from 9:00 -10:30 a.m.

Saturday, June 11 – Food Commodities at Gateway Church at 1642 Hwy 12 in Ashland City from 9 a – 1 p.

Regular Happenings This Month



Friday, June 3–
Coffee with a Cop at 9:00 am

The Ashland City Police Dept. will return to answer any questions. Breakfast pastries will be served along with fresh hot coffee or tea!

Monday, June 6 –
Paint with Nancy 8:30 am – 4:00 pm

To sign up for these classes or to get pricing information, please contact Nancy Reeves at 615-294-2578 or email her at reeves.nancy@gmail.com. Class size is limited, so sign up soon. See our bulletin board for paint choices for this class.



Tuesday, June 7– Wings of Hope
Meeting at 12:00 pm

This month's theme is Tower Planting. The First Saturday Garden Club will be hosting this month and providing the meal. **You must RSVP by June 1st** if you will be attending. Please call Doris Bryant at 615-521-2174 and leave a message.



Tuesday, June 14 – Foot Care
with Tracy Reeves from 8:30 – 10 am

Tracy Reeves will be here to treat our members to foot care. She will be in the library area.



Wednesday, June 15 at 12:00 pm
DIABETES Navigating Life with Diabetes with Aneta Eichler from UT/TSU Ext.

This new support group is for pre-diabetic, diabetic, and family members to help navigate life with diabetes. This program meets on the 3rd Wednesday of each month

Friday, June 24 –
Breakfast Trivia at 9:00 am



Come out and test your trivia knowledge with Zachary Fulton from Vantage Point Village. Coffee and yummy breakfast treats will be served.

MUSIC for SENIORS **Monday, June 27 at 11:00 a.m.**
Music for Seniors

Emily Kidd will be here to sing a variety of Classic Country, Classic Rock, and Traditional Country. This is sure to be a treat!

Check out all our exercise classes as well!
Please note a temporary change this month on the calendar for the Arthritis Exercise Class due to center being closed on Memorial Day. Also, the Yoga and Tai Chi Classes have temporary time changes starting June 16. Lindy will be out, and Anna Winberg will be the instructor.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							
	5 Paint w/Nancy – 8:30 Arthritis Exercise – 9:00 Kathy's Kitchen – 11:00 Yoga 1:00	6 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Wings of Hope – 12:00	7 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen – 11:00 Bingo 11:00 Dancercize 1:00 Tai Chi 2:00	8 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen – 11:00 Bingo 11:00 Dancercize 1:00 Tai Chi 2:00	9 Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 1:00	10 Loomers 10:00 Bingocize 10:00 Card Games 12:00 Dance 7:00 pm – Fred Winston & The Stable Boys	11 Shawuot Begins
	12 Arthritis Exercise – 9:00 Kathy's Kitchen – 11:00 Yoga 1:00 Veteran's Meeting – 6:00	13 Texas Holdem 8:00 BP Checks 8:30 Foot Care 8:30 S.A.I.L. 9:00 FCE Meeting 10:00 	14 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen – 11:00 Diabetes Support Group – 12:00 Dancercize 1:00 Tai Chi 2:00	15 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen – 11:00 Diabetes Support Group – 12:00 Dancercize 1:00 Tai Chi 2:00	16 Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 2:30	17 Loomers 10:00 Bingocize 10:00 Chair Volleyball – 11:00 Card Games 12:00 Dance 7:00 pm – Kevin Dobson & Along for the Ride	18
19  Father's Day Juneteenth	20 Arthritis Exercise – 9:00 Kathy's Kitchen – 11:00 No Yoga	21 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Kathy's Cards 10:00 	22 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen – 11:00 Dancercize 1:00 Tai Chi 2:30	23 Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 FOC Mtg. 10:15 Yoga 2:30	24 Breakfast Trivia 9 Loomers 10:00 Bingocize 10:00 Card Games 12:00 No Dance	25 Ruby Johns Appreciation Dance 1-3 p.m.	
26	27 Arthritis Exercise – 9:00 Kathy's Kitchen – 11:00 Music for Seniors – 11:00 No Yoga Lost in 50's Trip	28 Texas Holdem 8:00 BP Checks 8:30 S.A.I.L. 9:00 Lunch & Learn – 11:00	29 Loomers 10:00 Bingocize 10:00 Kathy's Kitchen – 11:00 Dancercize 1:00 Tai Chi 2:30	30 Texas Holdem 8:00 S.A.I.L. 9:00 Sew & Sews 10:00 Yoga 2:30	Be Sure to Check Our Facebook Page & Website for Updates & Changes		

June Birthdays

First Name	Last Name	Birthday	First Name	Last Name	Birthday
Linda	Gates	Jun 01	Jean	Schneider	Jun 15
Myrtle	Oliver	Jun 01	Leonard	Sykes	Jun 15
Phyllis	Cain	Jun 02	Cathy	Boner	Jun 16
Yvonne	Ellis	Jun 02	Portia	Moore	Jun 16
Lavada	McMeen	Jun 02	Elaine	Overstreet	Jun 16
Julie	Tittle	Jun 02	Nancy	Juodenas	Jun 17
Mike	Patterson	Jun 03	James	Lewis	Jun 17
May	Haynes	Jun 04	Judy	Reeves	Jun 17
Peggy	McGowan	Jun 04	Ronnie	Mitchell	Jun 18
Annie	Pursley	Jun 04	Doreen	Moss	Jun 18
Rebecca	LaCrosse	Jun 05	Betty	Langford	Jun 18
Bonnie	Murman	Jun 05	Vilma	Taillon	Jun 19
Jim	Oles	Jun 05	Dennis	Thompson	Jun 19
Amber	Raymer	Jun 05	Bud	Milliken	Jun 20
Gena	Batts	Jun 06	Marie	Parks	Jun 20
Robert	Finch	Jun 06	Elizabeth	Binkley	Jun 21
Vicky	Finney	Jun 06	Brenda	Burton	Jun 21
Deborah	Pfeiffer	Jun 06	Joyce	Shepler	Jun 21
Emma	Rawls	Jun 06	Gail	Stark	Jun 21
Linda	Simmons	Jun 06	Dolores	Wilson	Jun 22
Mary	Dittman	Jun 09	Nora	Richardson	Jun 22
June	Katzmarek	Jun 09	Janice	Hargrove	Jun 23
Judy	Gilbert	Jun 10	Zulene	Bagwell	Jun 25
Kenneth	Hutchinson	Jun 10	Richard	Clark	Jun 25
Kathy	Cantrell	Jun 11	Ruby	Johns	Jun 25
Alice	Craft	Jun 11	Janie	Grisham	Jun 25
Billy	Jarrell	Jun 11	Thomas	Cobble	Jun 26
Mary	Pratt	Jun 11	Andi	Thompson	Jun 26
Glenda	Williams	Jun 11	Chuck	Bracey	Jun 29
Edie	Stewart	Jun 11	Jim	Cooper	Jun 29
Beth	Hill	Jun 12	Billie	Evans	Jun 29
Paula	Loveland	Jun 12	Jeff	Hunter	Jun 29
Linda	Kilgore	Jun 12	Gloria	Lawrenz	Jun 29
Vicki	Bellson	Jun 14	Brenda	Oeser	Jun 29
Derek	Batts	Jun 15	Ruby	Gilley	Jun 29
Delores	Hampton	Jun 15	Dawn	Brewer	Jun 30
Tyler	Mills	Jun 15	Jimmy	Ellis	Jun 30
Karen	Sullivan	Jun 15	Billy	Murray	Jun 30
Pat	Walsh	Jun 15			



We would like to celebrate your birthday by inviting you to eat a free lunch with us on Monday, June 27th at 11:00 a.m. at our own Kathy's Kitchen.

The menu for the day is chicken tetrazzini, baked fried squash, and cauliflower salad. Cake and ice cream will be served for dessert.

Linda Staffen with Core Insurance Advisors graciously sponsors our birthday cake each month.



Spots do fill quickly, so call us by June 17 at 615-792-3629 to reserve your spot.

We hope your birthday will be a special one and we look forward to seeing you for lunch!



Lunch Served Mondays and Wednesdays at 11 a.m.

**Cost is \$5.00 per person
Includes meal, dessert, and drink**

June Menu

Wednesday, June 1st

BLT Sliders, Pasta Salad, Fresh Fruit, Chocolate & Peanut Butter Lasagna

Monday, June 6th

Sweet & Spicy Pork Wrap, Broccoli Salad, Applesauce Cake

Wednesday, June 8th

Club Sandwich, Fresh Veggies w/Dip, Chocolate Oreo Cake

Monday, June 13th

Fish Sliders w/American Cheese, Baked Sweet Potato Fries, Salad, Angel Food Cake

Wednesday, June 15th

Fried Bologna Sandwiches, Chips, Fresh Veggies, Blackberry Cobbler

Monday, June 20th

Hamburgers & Baked Fries, Baked Beans, Apricots on Shortcake, Ice Cream

Wednesday, June 22nd

BBQ Chicken Leg, Pea Salad, Potato Wedges, Congealed Salad

Monday, June 27th (Birthday Lunch)

Chicken Tetrazzini, Baked Fried Squash, Cauliflower Salad, Cupcakes & Ice Cream

Wednesday, June 29th

Beef Casserole, Baked Corn, Green Beans, Lemon Pie



**Please call the Senior Center by 11:00 on the Friday
before the scheduled meal at 615-792-3629 to sign up.
Space is limited to 30 people per day.**





SPOTLIGHT

SENIOR SERVICE



Robin Last, LAPSW
731-884-2640 or 731-592-8980

Hi Ashland City Seniors! I'm Robin Last, program coordinator for Tennessee Community Services Agency (TNCSA)'s Senior Employment program (SCSEP).

Research shows that staying engaged in work-related activities helps seniors stay physically and mentally healthier longer because of the many opportunities to make social contacts as well as increase income. In my word, it's never too late to learn something new like technology, computer software skills, customer service, or how to build on a resume. Some people use the extra income from part-time employment to develop a home business plan or just to find out what might be available in their home community after a long career of commuting. Our goal is to help people find work that is enjoyable and to advocate for older workers so they may participate in work as long as they want to. The Senior Community Service Employment Program (SCSEP) has been around since the mid-1960's and is a national program that helps older workers, age 55+ to overcome challenges to employment. We work with individuals that want to return to work by connecting them with local agencies that provide services the community including government offices, schools, libraries, and charitable (501c3) organizations. Enrolled participants must be unemployed at the time of application and have income less than 125% of the Federal Poverty Level. Persons with disabilities and other barriers to employment are encouraged to apply.



Ben Anderson
2501 River Road
Ashland City
615-792-4948



**A REHABILITATION &
SKILLED NURSING CENTER**

About Our Care:

We offer a full range of health care services administered by a team of registered and licensed practical nurses, certified nursing assistants, physical, occupational and speech therapists, social workers, and a registered dietician. We believe that clinical excellence is achieved through integrity, value, passion, and commitment.

Admission Information

The Waters accepts admissions 24 hours a day, 7 days a week. We invite you to stop by and discover what our facility is all about. The Waters' committed staff is here to assist you with the admission process and is happy to answer any questions you may have.

Many forms of payment are accepted including Medicare, Medicaid, Managed Care, and others.

Our Services Include

Rehabilitation, Skilled Nursing Services, Short Wave Diathermy, E-Stim, Social Services, Nutritional Services Supervised by a Registered Dietician, Wound Care, Respite Care, and Hospice Care.

THE SENIOR CENTER AT ASHLAND CITY PRESENTS

Branson Show Extravaganza



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 4 nights lodging in the Branson area
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ Admission to 6 Fabulous Shows! Including:
 - ◆ Three Morning Shows: ALL HANDS ON DECK, DOUG GABRIEL MORNING SHOW & A NEIL DIAMOND TRIBUTE SHOW
 - ◆ Three Evening Shows: THE HAYGOODS SHOW, PRESLEYS' COUNTRY JUBILEE SHOW & JESUS Show at the Sight & Sound® Theatre

For more pictures, video, and information visit:
www.GroupTrips.com/AshlandCity

\$585*

5 Days 4 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)
Sep 12 - 16
2022



JESUS Show at the Sight & Sound® Theatre



A NEIL DIAMOND TRIBUTE SHOW



ALL HANDS ON DECK



THE HAYGOODS SHOW

Departure: Tractor Supply, 356 Frey St, Ashland City, TN @ 8 am

Day 1: Board your spacious, video and restroom equipped Motorcoach and set off for the "Live Music Show Capital of the World" - Branson, Missouri. This evening you'll enjoy Dinner and check into your Branson area hotel for a four night stay.

Day 2: Today, after a Continental Breakfast, you'll experience the ALL HANDS ON DECK Show. An All-Singing, All-Dancing, All-American 1942 Roadshow & Radio Broadcast reproduction filled with songs, dances and laughs that America has loved for 70 years! Next, visit HISTORIC DOWNTOWN BRANSON, with old-fashioned charm, novelty shops, and restaurants. After Dinner, you will be dazzled by THE HAYGOODS SHOW. This energetic family boasts a soaring array of musical talents, with roots in Americana country rock and musical passions from Motown to the Beatles and more.

Day 3: Enjoy a Continental Breakfast, you'll start your day with the DOUG GABRIEL MORNING SHOW. This good, clean, family show has lots of variety. It has a talented cast, rib-tickling comedy and a terrific ensemble of musicians. Plus, Doug plays his World Famous Mufftar (a guitar made out of a 1969 Thunderbird muffler)!!! Later, you'll have lunch on your own and some free time for shopping. Next, you will enjoy relaxing Dinner. Tonight, take in the PRESLEYS' COUNTRY JUBILEE SHOW. This is one of Branson's original performing families. Nearly 50 years after they started, the Presleys' remain one of the most requested shows in Branson.

Day 4: Enjoy a Continental Breakfast and then start your day with A NEIL DIAMOND TRIBUTE SHOW. This Broadway style production is designed and produced to appeal to everyone of all ages. Be prepared to take a journey that will leave you amazed. Then, you will go to BRANSON LANDING and discover waterfront shopping, dining, and attractions on Lake Taneycomo's beautiful waterfront. After Dinner, you'll marvel at the JESUS Show at the Sight & Sound® Theatre. The greatest rescue story of all time! Jesus is the action-packed musical stage adventure that takes you on a miraculous journey alongside the most famous person to ever walk the earth, and the everyday people whose lives he changed forever.

Day 5: After enjoying a Continental Breakfast, you'll depart for home... a time to chat with your friends about all the fun things you've done, the great shows you've seen, and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive *Travel Confident*® Protection Plan.
See separate advertisement...

\$85 Due Upon Signing. *Price per person, based on double occupancy. Add \$135 for single occupancy.
Final Payment Due: 7/5/2022

FOR INFORMATION & RESERVATIONS CONTACT:

Gena Batts @ (615) 792-3629

PLAN BENEFITS INCLUDE:

Trip Cancellation¹: You are covered for your **your unused, prepaid, non-refundable trip costs** in the event you must cancel your trip for a covered reason, such as one of the reasons below.

Trip Interruption¹: This covers the unused portions of your land or water travel arrangements, plus the additional transportation costs paid, if you must interrupt your trip due to a covered reason, such as the following:

Sickness, Injury or Death to you, a traveling companion, **Terrorist Attack or Hijack**

a family member, or a business partner

Jury Duty or being required to appear as a witness in a legal action

A Strike that causes your common carrier to cease operations for at least 18 hours

Losing Your Job where you have worked for at least 1 year

Inclement Weather that causes your common carrier to cease operations for at least 18 hours

Natural Disaster or Burglary that causes your home to become uninhabitable

Getting into a Traffic Accident on your way to your trip's departure point

¹ Please note that the covered reasons for Trip Cancellation coverage are not identical to the covered reasons for Trip Interruption coverage, and additional terms apply to all covered reasons.

You are covered for the "single supplement" surcharge if your roommate cancels or interrupts for one of the above reasons.

**QUESTIONS?
CALL 1-855-376-2037**

2 EASY Ways to Signup:

INTERNET - Signup at www.travelconfident.com (Internet signup is not available to residents of the State of New York.)

MAIL - Give a check to your Group Leader in the amount indicated by the table made out to "Travel Insured International"

Trip Cost (per person)		Travel Confident® Cost (per person)
Up to \$500	=	\$38
\$501 - \$600	=	\$48
\$601 - \$700	=	\$62
\$701 - \$1,100	=	\$72
\$1,101 - \$1,500	=	\$96
\$1,501 - \$2,000	=	\$132

RECEIVE THIS BENEFIT!

ACT NOW so you are eligible for a **PRE-EXISTING CONDITION** waiver! You must purchase the travel protection plan within **14 days** of the date of your initial payment or deposit.

Review the complete terms in the exclusion section of your plan document.

Baggage and Personal Effects - Up to a maximum of \$1,000! If your baggage is lost, stolen or damaged!

Medical Expense - Up to a maximum of \$5,000! If you are injured or become ill on the trip. You also are covered for up to \$750 in emergency dental treatment.

Medical Evacuation and Repatriation of Remains - Up to a maximum of \$20,000! Should a severe illness require immediate care and a local hospital cannot meet your needs, this covers the cost to transport you to the nearest hospital where you can receive appropriate treatment. A toll-free call to 1-800-494-9907 starts the arrangements. If you are traveling alone, you are also covered for the air fare of a companion to join you at the hospital (additional terms apply).

24/7 Non-Insurance Assistance Services Included: Lost Baggage Retrieval • Prescription Drug/Eyeglass Replacement • Medical or Legal Referrals • Emergency Cash Advance • Translation Services • Payment to the Assistance Company is Your Responsibility.

** TIPS FOR TRAVELERS **

- Cancel with your Group Leader as soon as you are aware of the need to cancel.
- In the event you need to file a claim, contact Travel Insured International at 1-855-376-2037 as soon as possible. Be prepared to provide proof of payments for all portions of your trip, including the travel protection plan.
- Get detailed medical statements from treating physicians where and when an accident or sickness occurred. Save your receipts, proof of all payments and proof of coverage.
- If you have purchased the Travel Confident Protection Plan, for medical evacuation call the Assistance Company at 1-800-494-9907 or collect at 1-603-328-1707. Be sure to call before you incur any expenses!

* This advertisement contains highlights of the plans, which include travel insurance coverages underwritten by United States Fire Insurance Company under form series T7000 et. al., T210 et. al. and TP-401 et. al. The Crum & Forster group of companies is rated A (Excellent) by AM Best 2020. C&F and Crum & Forster are registered trademarks of United States Fire Insurance Company. The plans also contain noninsurance Travel Assistance Services provided by C&F Services through Active Claims Management (2018) Inc., operating as Active Care Management.

Coverages may vary and not all coverage is available in all jurisdictions. Insurance coverages are subject to the terms, limitations and exclusions in the plan, including an exclusion for pre-existing conditions. In most states, your travel retailer is not a licensed insurance producer/agent, and is not qualified or authorized to answer technical questions about the terms, benefits, exclusions, and conditions of the insurance offered or to evaluate the adequacy of your existing insurance coverage. Your travel retailer may provide general information about the plans offered, including a description of the coverage and price. The purchase of travel insurance is not required in order to purchase any other product or service from your travel retailer. Your travel retailer may be compensated for the purchase of a plan. CA DOI toll free number: 800-927-4357. MD Insurance Administration: 800-492-6116 or 410-468-2340. The cost of your plan is for the entire plan, which consists of both insurance and non-insurance components. Individuals looking to obtain additional information regarding the features and pricing of each travel plan component, please contact Travel Insured: 855 Winding Brook Drive, Glastonbury, CT 06033; 855-376-2037; customercare@travelinsured.com; California license #0113223.

Unless otherwise shown below, these exclusions apply to You, Your Traveling Companion, or Family Member scheduled and booked to travel with You.

The following exclusion(s) appl(y)(ies) to the Trip Cancellation and Trip Interruption and Medical Expense.

We will not pay for any loss or expense caused due to, arising or resulting from:

1. a Pre-Existing Medical Condition, as defined in the certificate.

The following exclusions apply to the Medical and Dental Expense benefits.

We will not pay for any loss or expense caused due to, arising or resulting from:

1. routine physical examinations or routine dental care;
2. traveling for the purpose or intent of securing medical treatment or advice;
3. Alcohol or substance abuse or treatment for the same;
4. Normal pregnancy (except Complications of Pregnancy) or childbirth, or elective abortion;
5. a Mental, Nervous or Psychological Condition or Disorder unless Hospitalized or Partially Hospitalized while the certificate is in effect;
6. Your participation in Adventure or Extreme Activities, riding or driving in races, or participation in speed or endurance competition or events, except as a spectator;
7. Your participation in an organized athletic or sporting competition, contest, or stunt under contract in exchange for an agreed-upon salary or compensation. This does not include athletes participating in exchange for a scholarship or tuition.

In addition to any applicable benefit-specific exclusion, the following general exclusions apply to all losses and all benefits.

We will not pay for any loss or expense caused due to, arising or resulting from:

1. suicide, attempted suicide or any intentionally self-inflicted injury of You, a Traveling Companion, Family Member or Business Partner booked and scheduled to travel with You, while sane or insane;
2. being under the influence of drugs or narcotics, unless administered upon the advice of a Physician as prescribed;
3. activities, losses, or claims involving or resulting from possession, production, processing, sale, or use of marijuana, illegal drugs, alcohol or substances are excluded from coverage;
4. war or act of war, including invasion, acts of foreign enemies, hostilities between nations (whether declared or undeclared), or civil war;
5. the commission of or attempt to commit a felony or being engaged in an illegal occupation by You, a Traveling Companion, Family Member, or Business Partner;
6. directly or indirectly, the actual, alleged or threatened use, discharge, dispersal, seepage, migration, escape, release or exposure to any hazardous biological, chemical, nuclear radioactive weapon, device, material, gas, matter or contamination;
7. piloting or learning to pilot or acting as a member of the crew of any aircraft;
8. a loss or damage caused by detention, confiscation or destruction by customs;

The plan also contains exclusions specific to the Baggage and Personal Effects Benefits.

MEDICALLY FIT TO TRAVEL EXCLUSION:

We will not pay any expense as a result of You having been advised in writing that You, Your Traveling Companion, or Family Member scheduled and booked to travel with You are not Medically Fit to Travel at the time of purchase of coverage for a Trip, as defined in the certificate.

If coverage for a Trip is purchased and it is later determined that You, Your Traveling Companion, or Family Member scheduled and booked to travel with You were not Medically Fit to Travel at the time of purchase of coverage for Your Trip, as defined in the certificate, the coverage is void and premium paid will be returned.