



Magdalena Ecke Family YMCA

Active Adult Adventures

Trips Departing from YMCA Gym* | January 2011 to March 2011

**Unless otherwise noted.*

LIBERTY STATION WALKING TOUR | TUESDAY, JANUARY 18, 2011

Today, Liberty Station is home to shops and restaurants with new civilian housing on the former Naval base. Nearby is Spanish Landing, the site where Father Junipero Serra's party met before beginning their expedition to establish our Alta California missions. Come put your boots in the footsteps of our former recruits and Spanish explorers on this **two-hour, flat, gentle narrated walking tour!** Lunch is on your own after the walk at one of the many restaurants in the area.

Activity Level: Easy | 9:00 am-2:00 pm | \$38/\$43 | JAN11 250A LIB

LITTLE ITALY WINE TASTING & COOKING DEMO | TUESDAY, JANUARY 25, 2011

Little Italy Wine Tasting: Guests will enjoy a celebratory wine tasting where **two special wines from Italy** will be featured, sampled and discussed with our wine expert, Stania, at the elegant **Po Pazzo Ristorante**.

Little Italy Cooking Demonstration: Chef Nino Zizzo of the **Busalacchi Restaurant Group** will dazzle guests with his showmanship and humor as he takes us into a world of Sicilian cooking. **All our guests wear a microphone** to ensure that they won't miss any of the details presented during the program. **Non-alcoholic beverages/light refreshments are served with the lunch size portion of Chef Nino's demo.** Each guest will get copies of the recipes that the chef creates.

Visit the renowned **Cafe Zucchero** for **homemade gelato** and a **mini lecture** on the differences between American and Italian ice cream. Visit the **French Garden Shoppe** (Little Italy's landmark gift shop) for **complimentary snacks** and a small **complimentary wine sample**.

Fees include transportation, food and wine and all gratuities.

**Activity Level: Easy | 9:15 am-4:30 pm | \$59/\$63
JAN11 250A LI | *Departs Encinitas Coaster Station**



Little Italy Wine Tasting & Cooking Demo



Liberty Station

PALM SPRINGS FOLLIES FRIDAY, FEBRUARY 4, 2011

Active Adults are returning for the twelfth year!

The Follies' 20th season will celebrate its extraordinary 20th anniversary – dedicated to the proposition of "Follies Forever!" with over four decades of America's favorite music and dance. From Doo-Wop to Disco, it's going to be a fabulous party!

Our guest star is Lesley Gore who will perform her gold-record hits.

Enjoy the world-famous chorus line of Long-Legged Lovelies and Follies Gentlemen (**all 55 to 85 years young!**) along with "Follies Man," Riff Markowitz. Follies impresario and emcee, Riff Markowitz, hasn't missed a performance in 19 years and he isn't likely to start now!

Time for lunch on your own in the village.

**Activity Level: Easy | 8:15 am-7:30 pm | \$90/\$97
FEB11 250A FOLL**



*For complete trip details, please pick up a flyer at the YMCA.
Continued on reverse.*

**ANZA BORREGO DESERT WILDFLOWERS, ALL DAY TRIP
GUIDED BY DR. PHIL PRYDE | MARCH 24, 2011**

Travel to Anza Borrego Desert State Park in a **deluxe motorcoach with Dr. Phil Pryde, SDSU professor**, former Audubon Society president, noted author and expert on the natural and human history, who narrates throughout the day. We'll stop at **Dudley's Bakery**, take a **leisurely nature walk** led by Dr. Phil at the park's visitors center.

We'll also get up-close-and-personal with the amazing, bigger-than-life **metal sculptures created by sculptor Ricardo Breceda**. These works of art have been erected throughout the Borrego Springs area and include nearly 50 prehistoric animals that once roamed Borrego Valley. Remember your camera!

Lunch will be at the beautiful Arches Restaurant, with scenic views to the mountains and golf course. After the rains, the desert should be in full bloom! (We've heard it will be a La Nina year, but who knows?)

Activity Level: Easy | 7:15 am-6:15 pm | \$82/\$87 | MAR11 25OA ANZA



Dr. Phil Pryde at Anza Borrego Desert

**Narrated Walking Tour Through Kensington NEW!
March TBA**



ACTIVE ADULT POLICIES

CREDIT AND REFUND POLICY:

1. **If, for any reason, a trip or event is cancelled by the Active Adults Trip and Event Director, or the YMCA, you will be issued a refund check by mail.**
2. **Please allow 14-21 working days for refund check processing.**
3. **Reservations for individuals who are members of a group reservation must be cancelled 21 days or more prior to the tour date on one-day trips in order to receive a refund. Inside 21 days, you will not receive a refund unless you are able to find a replacement.**
4. **A check or credit card refund will be charged a \$5.00 processing fee per person. Check refunds can only be issued for amounts over \$20.**
5. **ON MOST OVERNIGHT TRIPS, NO REFUNDS INSIDE OF 45 DAYS FROM DEPARTURE; HOWEVER, OCCASIONALLY POLICIES VARY. PLEASE CALL TONI FRIEDMAN AT (760) 942-9622, EXT. 1436, FOR DETAILED INFORMATION ON CANCELLATION DATES AND INSURANCE.**
6. **PASSENGERS NEEDING ANY FORM OF PERSONALIZED ASSISTANCE MUST BE ACCOMPANIED BY AN INDIVIDUAL WHO WILL TAKE FULL RESPONSIBILITY FOR THOSE NEEDS DURING THE TOUR AND IN THE EVENT OF AN EMERGENCY.**
 - For all cancellations, transfers and questions, you **MUST** call Toni Friedman, Active Adults Director, at (760) 942-9622, ext. 1436.
 - **NOTE:** The Magdalena Ecke Family YMCA does not assume any liability for injury, damage, loss or delay due to any act or default of any other company or person.
 - **IMPORTANT:** All Magdalena Ecke YMCA members & participants must have a completed Adult Information & Waiver Form on file before participating in our programs and events. Pick one up at the YMCA or call (760) 635-3050 to have one mailed to you.

ACTIVITY LEVEL EXPLANATION

Easy: Limited walking, or walking and mobility is at your own pace, and leisurely free time is included. Few stairs are involved and elevators are usually present at destinations.