

#### A Newsletter for Reynoldsburg's Senior Community

# **MAY / JUNE, 2022**

1520 Davidson Drive, Reynoldsburg, OH 43068 614-866-5890 www.ci.reynoldsburg.oh.us

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RSCA OFFICERS President – Mary Theodoras Vice President – Rita Syrkin Treasurer – Chet McMullen Secretary – Sue Miller

MONDAY 8:00 am-4:00 pm TUESDAY 8:00 am-4:00 pm WEDNESDAY 8:00 am-4:00 pm THURSDAY 8:00 am-4:00 pm FRIDAY 8:00 am-4:00 pm SATURDAY & SUNDAY closed HOLIDAYS closed



Member of the Month for May is **Pat Rogers**. Pat is a long time member of SCOR and has been our Helping Hands Coordinator for six years. You can find Pat here in exercise classes, traveling on day and overnight trips, attending educational programming, and walking the park trails with friends. Thanks Pat for all you do for the members of SCOR.

Member of the Month for June is **Marian Eck**. Marian is another long time member and is our Sunshine Coordinator. If you have received a card from SCOR, now you have a face behind the card. Marian is at SCOR quite often (sometimes she brings her husband John). You may see her helping in the office, helping with the library, exercising or on trips. She also makes a great lemon bar. Thanks Marian!





## **CENTER INFORMATION**

# Manager's Notes

The sun is shining here at SCOR! Come on in and learn something new or make a new friend. Whether you are interested in art, education, wellness, games, travel or special events, we have a program just for you!

Some special events to note are the National Senior Health and Fitness Day 2022 on May 25 from 10-noon (see below), the Reynoldsburg Community Band Concert on June 13 at 7:00 pm, and Welcome to Medicare on May 26 at 11:30 am for those ready to enter the Medicare system. If those don't tickle your fancy, please read on for other fun events!

The Center will be closed on Monday, May 30 for Memorial Day and Monday, June 20 for Juneteenth Day!

#### TABLE OF CONTENTS

Front Cover	1
Center Information	2
Announcements	3
Special Events	4
Arts and Crafts	5
Education and Services	6
Calendars	7/8
Exercise and Wellness	9
Games and Entertainment	10
Word Search	11
Trips, Multi-Day Trips	.12/13
Advertising Sponsors	.14/15

# National Senior Health and Fitness Day Wednesday, May 25, 2022 10:00 am to noon

Come join the fun at SCOR. We'll have loads of vendors to help us celebrate National Senior Health and Fitness Day. You can chat with the vendors, participate in the activities, win prizes and stay for lunch. Call to reserve your space at the party!



## **ANNOUNCEMENTS**



#### **BOARD MEETING**

Every other 1st Monday 2:00 pm The Reynoldsburg Senior Citizens Association (RSCA) meets on Monday, May 2 at 2:00 pm. All are welcome to attend and have their voices heard.

GET

/TSHFS

# GET WELL and THINKING OF YOU

Get well soon to David Beery, Marilyn Brown, Jim Dearnel, Tim Dickerson, Lucy Dooley, Suz Hoxworth, "Bud" Daniel Smith, Rose Marie Trbovich and any others not feeling well. If you know of anyone that

needs some sunshine, please call the office.

#### **HELPING HANDS DONATIONS**

We are collecting items for our Reynoldsburg Helping Hands Food Bank. For May and June the requested item is *boxed cereals*. All items go to Reynoldsburg residents. Thanks for your help!

#### MEMBERSHIP

Membership runs January-December of each calendar year. For new or returning members, dues are \$15 for Reynoldsburg residents and \$20 if you live elsewhere. If you would like your membership card mailed, send a self-addressed stamped envelope along with your check payable to City of Reynoldsburg.



#### SYMPATHY

SCOR extends our sympathy to the families of Linda Hallberg and Susan Keifer. Condolences go out to Ann Armstrong on the loss of her daughterin-law; Sharon Madden on the loss of her daughter; Jim Menix on the loss of his wife; and, Jeanne Waibel on the loss of her daughter-in-law.

#### THANK YOU

Thanks to the many vendors and advertisers that support SCOR.



Allbridge Rehab and Nursing Center Alzheimer's Association Central Ohio Area Agency on Aging (COAAA) Dedicated Medical Senior Center Humana Insurance James Hardgrove, Attorney Nina's Health Care Service Ohio Senior Health Insurance Information Program (OSHIIP) Senior Transition Experts Solivita of Echo Manor Taylor Springs The Wesley Communities The Woodlands of Columbus



## **SPECIAL EVENTS**

#### **BURG BOOKIES!**

Thursday, May 5 and June 2 at 2:00 pm Open to all members. Read the monthly book and drop in to join the discussion with other members. May's book selection is Midnight Library by Matt Haia. June's book selection is The Alice Network by Kate Quinn.

#### LAWYER SERIES WITH JAMES HARDGROVE, ESQ

Friday, May 20 and June 17 at 9:00 am James Hardgrove comes out to SCOR each month with a different legal topic for discussion. In May he will discuss Surviving Spouse's Rights in an Estate. In June the topic is Status of Estate Tax and Gift Tax.

#### **SNACKS W/ ALLBRIDGE**

May 4 at noon and June 7 at 11:00 am Heather with Allbridge will be here to serve up some snacks for those members in the house. Come on by and say "Hi" to Heather.

#### **INVESTMENTS AND CRYPTO CURRENCY 101**

Wednesday, May 18 at 1:30 pm

Nicole Davis and Dustin Poling from Park National will break down some of the basic fundamentals and Monday, June 13 at 7:00 pm terms when it comes to investing, putting you on a more confident path. Please RSVP.

#### NATIONAL PIZZA DAY w/ TAYLOR SPRINGS

#### Thursday, May 19 at noon

Devon will be here to help you create and cook up you own personal pizza. Please sign up ahead of time reserve your seat at the table.

#### NATIONAL SENIOR HEALTH AND FITNESS DAY!

Wednesday, May 25 from 10:00-noon Come join the fun at SCOR. We'll have loads of vendors to help us celebrate National Senior Health and Fitness Day. You can chat with the vendors,

participate in the activities, win prizes and stay for lunch. Call to reserve your space at the party!

#### WELCOME TO MEDICARE w/ OSHIIP

Thursday, May 26 at 11:30 am Learn about Medicare Part A and B benefits, the prescription drug benefit (Part D), Medicare Advantage plans, and Medicare supplemental insurance options. Please RSVP.

## NATIONAL NAIL POLISH DAY! w/ TAYLOR SPRINGS

Wednesday, June 1 at noon

Sign up for a little pampering for your hands. Devon will be out to share some tips and tricks. Please RSVP.

#### MATTER OF BALANCE WITH COAAA

Wednesdays June 1 - July 20 from 1-3:00 pm This program emphasizes practical suggestions to reduce the fear of falling and increase activity levels in older adults. Participants learn to view falls as controllable, set realistic goals, change their environment to reduce fall risk factors and perform range of motion exercises to increase strength and balance. Call the office to sign up for the 8 weeks.

#### LIVING YOUR BEST LIFE w/ CAPTEL

Wednesday, June 8 at 1:00 pm What does "Living your best life" mean, how do we set our intentions, and what tools can be used to reach this state of being? We'll explore ways to set a path towards this ideal way of living. Call to RSVP.

#### **REYNOLDSBURG COMMUNITY BAND CONCERT**

Gather at SCOR to enjoy some wonderful music and some ice cream sponsored by Echo Manor!

#### **REYNOLDSBURG HISTORICAL BOOK PREVIEW**

Wednesday, June 22 at 11:30 am Join Mary Turner Stoots, local author, for a presentation and book signing of "Reynoldsburg and Truro Township". Call the office to save a seat.

#### EATING HEALTHY WHEN EATING OUT w/ HUMANA

Thursday, June 23 at 1:00 pm Learn to make smart choices at your favorite restaurants. Discover how easy it is to swap foods with healthier alternatives. Call to save your spot.

#### AARP DRIVER SAFETY CLASS

Monday, June 27 from 9-1:00 Fee: \$20 AARP/\$25 non Refresh your driving skills in time for your next big adventure. You could even save on auto insurance! Call to sign up for the 4-hour indoor class.

## **ARTS & CRAFTS**

#### **CARD CRAFT** 2nd and 4th Wednesdays at 9:00 am Fee: \$5 for supplies

Make your own greeting cards with Ruth. The class is Join Brenda Mason to creat usually full, so please call SCOR to get on the waiting of fused glass. You'll learn list.

#### GLASS CLASS Mondays 10:00-noon

#### Fee: \$10 plus supplies

Learn with Brenda Mason to cut hot glass and apply layering techniques to make jewelry or other unique projects. And/or learn cold glass cut and grind techniques for window panels or sun catchers. Also open to work on an ongoing glass project.

#### **HOOKS & NEEDLES**

#### Mondays 1:00 p.m.

We do crochet, knitting, needlepoint, cross-stitch and any other type of hook or needle work. If you need some motivation to get that needle project completed, this group will keep you in stitches.

#### WATERCOLOR Fridays 10:00 a.m.

#### Fee: \$10 plus supplies

Learn techniques for painting your choice of source material (could be transparent, watercolor, mixed media, or collage).

#### WIRE JEWELRY 2nd & 4th Fridays 1:00 p.m.

#### Fee: \$10 plus supplies

Apply wire skills to a variety of wrapping projects with Brenda Mason. Learn proper tool usage and techniques in wire working.

#### **WOODCARVING** Thursdays at 9:00 a.m.

Everyone is welcome to come and learn to carve.

#### PATRIOTIC CENTERPIECE

Tuesday, May 10 at 11:30 am Join Kim Robert with Senior Transitions Experts to make this cute patriotic centerpiece. We have space for 12 so sign up early to save your seat. It's FREE!



#### FUSED GLASS SUMMER FLOWERS

Fee: \$5 for suppliesTuesday, May 10 at 1:00 pm Fee: \$15 paid in advanceMake your own greeting cards with Ruth. The class is Join Brenda Mason to create a basket full of flowers

of fused glass. You'll learn the basics of fused glass and have a beautiful project to show off to your friends and family. Sign in at the office for your space at the art table. You will take home your finished piece after it has been fired and cleaned. Sample is in Della's office.



#### CRAFTING WITH COOKIE MOD PODGE POT

Thursday, May 12 at 12:00 Fee: \$11 paid in advance These are good size Terra cotta pots. You will Mod

Podge single ply printed napkins onto the pot after painting. You have a choice of either a llama or a floral pattern. All supplies are included. A maximum of 12 participants.



#### FUSED GLASS PATRIOTIC STAR

Tuesday, June 14 at 1:00 pm Fee: \$18 paid in advance Join Brenda for her patriotic star project made out of glass and beads. You'll learn the basics of fused glass

and a little wire working too! Sign up early to participate in this one. You can add this to your collection of fused glass pieces to share with friends and family. Samples are in Della's office.



#### **EDUCATION AND SERVICES**

#### **CELL PHONE RECYCYLE**

Instead of throwing your old cell phones in the trash, bring them in and drop them in the recycle box. We'll send them to the National Institute of Senior Centers and receive 90% of the scrap value back to

SCOR!

#### **COUPON EXCHANGE**

Bring in your unused coupons and take some coupons to the store to get some great deals. The basket is on the back counter.

#### **DVD LIBRARY**

In addition to the book library, SCOR has a lending DVD library. You can donate your DVD's and/or borrow our DVD's.

#### FOOT CARE AT SCOR

4th Tuesdays 9-2:00 pm Fee: \$35/half hour appointment Lauren Johnson, RN, CFCN of Anchor Foot Care will be at SCOR to care for your feet. Call 937-738-1761 to schedule your appointment. She now has gift certificates available. Check calendar for dates.

#### **GLASSES RECYCLE**

SCOR collects old eye glasses to donate to The Lions Club Sight Program. They collect the donated glasses, read the prescriptions and give them to those that are in need.



#### INK CARTRIDGE RECYCLE

Donate your spent ink cartridges to SCOR and we turn them into office supplies for the center.

#### LIBRARY

We have a lending library at SCOR being organized by volunteers. You can donate or borrow books at your convenience. We also have a magazine rack drop. We try to keep relatively current magazine only.



#### NOTARY PUBLIC

Please call to check when Judy Doran, our Notary, is available. Remember to not sign your document before coming. We need to watch you put your "John Hancock" on paper.

**OSHIIP** (Ohio Senior Health Insurance Information Program) *Check calendar for dates* A volunteer from OSHIIP will be at SCOR on scheduled Thursdays to answer Medicare and supplemental health insurance questions or concerns. Call 614-866-5890 for availability and to make an appointment.

#### SERVICES/FORMS

We have Living Will forms, handicapped parking applications, Homestead applications and Golden Buckeye applications on the information wall near the offices.



# SENIOR SERVICES

6 | Senior Citizens of Reynoldsburg

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<b>6</b> <b>9 Trip Lottery</b> 10 Balance & Strength 10 Glass Class 11 Arthritis 11 Yoga 12 Pinochle 12:30 Pickle 1 Hooks 2:15 Line Dance	7 8:30 Silver Tappers 10 Total Fitness with Allbridge snacks 12:30 Mahjongg 1 Euchre	8 9 Card Crafts 9 Cardio & Strength 10 Balance & Strength 12 Texas Hold'em 1 Living Your Best Life 1 Matter of Balance COAAA	<b>9</b> 9 Woodcarving 10 Total Fitness 12 Bridge 1 Dominoes 1 Euchre	10 9 Coffee Shop Hop 9 Tai Chi 10 Watercolor 10:10 Zumba Gold 12 TX Hold'em 12:30 Bingo w/ Echo 1 Canasta/Jewelry		
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21 8:30 Mystery Breakfast 8:30 Silver Tappers 10 Total Fitness 12:30 Mahjongg 1 Euchre		22 9 Card Crafts 9 Cardio & Strength 10 Balance & Strength 11:30 Book Signing w/ Mary Turner Stoots 12 Texas Hold'em 1 Matter of Balance	23 9 Woodcarving 10 Total Fitness 12 Bridge 1 Dominoes 1 Euchre 1 Eating Healthy when Eating Out w/ Human	24 9 Let's Take a Hike 9 Tai Chi 10 Watercolor 10:10 Zumba Gold 12 TX Hold'em n 12:30 Bingo ana1 Canasta/Jewelry		
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#### **EXERCISE AND WELLNESS**

#### **ARTHRITIS EXERCISE**

Mondays 11:00 a.m.

Join us for Arthritis Foundation Range of Motion exercises performed in a chair. This class is a great way to start back into exercising and keep your joints supple.

#### LINE DANCING

Mondays 2:15 p.m. Fee: \$1 donation Get in line with fellow members. Try out some of the newest steps in line dance!

#### PICKLE BALL

Mondays 12:30 p.m. Get in on the fun! SCOR will have all the equipment to play this team sport. You do not need a partner, just come to play round robin!

#### WESLEY'S REYNOLDSBURG STEPPERS

Last Wednesday each month (check calendar) Wesley Ridge's monthly walking program is on the move with Leah and Africa! Call 614-738-8099 to get signed up. Check out the brochure in the office for information.

#### **RENEW ACTIVE & SILVERSNEAKERS**

CARDIO & STRENGTH Mon/Wed 9:00 a.m. Fee: Free for Renew Active and SilverSneakers® Members and \$4 for non-members Join Leah Siefert for a standing low-impact cardio class with upper-body strength work. Bring water, hand weights and your Renew Active or SilverSneakers® card.

#### **RENEW ACTIVE & SILVERSNEAKERS**

STRENGTH & BALANCE *Mon/Wed 10:00 a.m.* Fee: Free for Renew Active and SilverSneakers® Members and \$4 for non-members Join Leah Siefert for a seated class focusing on increasing range of movement, strengthening muscles and stability using a chair for support. Bring water, hand weights and your Renew Active or SilverSneakers card.

#### SILVER TAPPERS

*Tuesdays 8:30 a.m. Fee: \$5* Join Mary Ann Green for some fun beginner tap lessons. She'll have your toes tapping all day!

#### T'AI CHI

Fridays 9:00 a.m.

Fee: \$20 Tai Chi registration fee for all participants, \$30/month, \$79/3 months, \$149/6 months, or \$300/year.

New sessions begin as soon as the International Taoist Society permits. See instructor if you have any questions.

#### TOTAL FITNESS

*Tuesdays/Thursdays 10:00 a.m.* Join Judy Doran as we work with Thera-bands to help build strong muscles and increase bone density. A little aerobics and stretching, too!

#### YOGA

Mondays 11:00 a.m. Fee: \$5/in person class, \$3/Zoom class Get your Zen on with Lynn Spichiger for some stretching and bending designed for those over 55.

#### ZUMBA GOLD

Fridays 10:10 a.m. Fee: \$5/class or 10 classes for \$50 Join Carolyn Strayer for this fun dance/exercise class. No experience necessary and levels are designed for seniors.



#### **GAMES AND ENTERTAINMENT**

#### **BID EUCHRE**

We are looking for some new players! Come join the fun and we'll teach you to play!

#### BINGO Every Friday 12:30 p.m.

#### Fee: 50¢ a card

Everyone is welcome to come and try their luck! Looking for some volunteers to help with bingo. Interested members give us a call and we'll get you all the details.

#### BRIDGE Thursdays noon

Contract bridge, or simply bridge, is a tricktaking card game using a standard 52-card deck. We are always looking for some new members to jump in and challenge your bridge skills.

#### CANASTA Fridays 1:00 p.m.

Canasta is a card game of the rummy family of games believed to be a variant of 500 Rum. Although many variations exist for two, three, five or six players, it is most commonly played by four in two partnerships. We play Hand 'n Foot style!

#### DOMINOES Thursdays 1:00 p.m.

If you love to play Dominoes or would like to learn to play, come on in and learn this tile game.

# **EUCHRE** Tuesdays and Thursdays 1:00 p.m. Fee: \$2.25

Euchre is played progressive style. You do not need a partner, just come on in and join the fun!

**MAHJONG** Tuesdays 12:30 p.m. Fee: \$4 pie Come play this ancient tile game. Game tiles are provided but you should bring your own card

#### PINOCHLE Mondays noon

Double Deck version of the game is played. Would you like to learn to play pinochle? Call the office and we'll get a group to learn together. The class will be about 1.5 hours.

#### **POOL TABLES**

The pool room with 2 tables, is open to all when SCOR is open.

#### PUZZLES

We always have a jigsaw puzzle out for you to work. You can borrow/donate puzzles to our library.

#### RUMMIKUB

Come on in to play this numbers game played with tiles. It's a great game to add a little challenge to your day! If you are interested, we'll take your name and put you in touch with others.

#### **TABLE TENNIS**

We have a table tennis top ready to be set up in the pool room. Come in anytime during regular hours to play!

#### TEXAS HOLD'EM Wednesday/Friday noon

Fee: \$10 buy in Feeling lucky? All members are encouraged to come try your poker skills with Texas Hold'em.

#### TRIPOLEY

Come join this group for lots of fun! Don't forget your pennies. If you are interested, we'll take your name and put you in touch with others



# WORDSEARCH

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# **TRAVEL, ON THE ROAD AGAIN!**

**Trip Lottery Guidelines**—Bring your membership card to drop in the container. You may sign up for yourself and one other companion member. All trips that require payment must be paid at time of sign-up. An (\*) means there is no need to sign up at lottery.

# Trip Lottery for May

Monday, May 2 at 9:00 am

#### WAYNE COUNTY TOUR

Monday, May 9 at 8:00 a.m. Fee: \$32 lunch included We'll leave SCOR at 8:00 a.m. for a day of adventure in Wayne County. Our first stop will be Lehman' Hardware, then onto Dutch Kitchen for lunch. Shisler's Cheese House will share some cheese and Smucker's will tickle our sweet tooth. Our last stop will be Hartzler Family Dairy for an ice cream stop OYO.

#### \* COFFEE SHOP HOP

Friday, May 13 at 9:00 am Let's load up the van and try out a new coffee establishment OYO. All are welcome, but only the first 14 ride in the van.

#### BALLETMET DIRECTOR'S CHOICE

Friday, May 20 at 10:00 Fee: \$23 with lunch OYO Presenting three ballets in one performance, Director's Choice will captivate you with its wide variety of pieces. Featuring an excerpt from After the Rain by Christopher Wheeldon, George Balanchine's classic Tchaikovsky Pas de Deux, and a world premiere from Artistic Director Edwaard Liang.

#### **REYNOLDSBURG CITY PARKS TOUR**

Monday, May 23 at 10:00 am Boxed lunch fee: \$8 Let's tour the City parks with Parks and Recreation Director, Donna Bauman, and then take a break for a boxed lunch picnic in one of the parks.

#### LET'S TAKE A HIKE!

Friday, May 27 at 9:00 am We'll go explore Blendon Woods MetroPark trails for a 2-3 mile jaunt in the trees!

#### **MYSTERY LUNCH**

Tuesday, May 31 at 11:00 am You never know where you are going, but you know it will be fun!

## Trip Lottery for June Monday, June 6 at 9:00 am

#### \* COFFEE SHOP HOP

Friday, June 10 at 9:00 am Let's load up the van and try out a new coffee establishment OYO. All are welcome, but only the first 14 ride in the van.

#### MYSTERY BREAKFAST

Tuesday, June 21 at 8:30 am You never know where you are going, but you know it will be fun!

#### LET'S TAKE A HIKE!

Friday, June 24 at 9:00 am We'll go explore Highbanks MetroPark trails for a 2-3 mile jaunt in the trees!

#### THRIFT STORE HOP

*Thursday, June 30 at 9:30 am* We'll head out for some thrift shopping at Central Ohio

We'll head out for some thrift shopping at Central Ohio thrift stores. After some extensive searching for just the right treasure, we'll stop for a lunch break OYO.

#### DO BLACK PATENT LEATHER SHOES REALLY REFLECT UP? by LaCOMEDIA

Thursday, October 6 at 8:30 am Fee: \$47 Eddie's world is populated by peculiar adults, oddball classmates, and puzzling girls — the greatest mystery of all. Featuring a vast array of catchy songs, this musical comedy is about the coming of age of eight Catholic school children. Starting from the second grade throughout his high school years, we follow Eddie and his friends through the ups and down of

being in a private Catholic school. Buffet lunch is included with each ticket.



# **TRAVEL, ON THE ROAD AGAIN!**

#### **BRANSON, MISSOURI**

Pre-departure meeting Thursday, May 5 at 10:30 am May 16-21, 2022 trip is waiting list only

#### **CANADIAN ROCKIES & GLACIER NATIONAL PARK**

Pre-departure meeting Tuesday, May 24 at 11:00 am June 14-20, 2022 is waiting list only

#### NEW YORK, NEW YORK ON JULY 4TH

July 3-7, 2022 starting at \$1999/double occupancy Trip Presentation Thursday, May 5 at 10:00 am Highlights for our Wendt Tours motor coach New York on the 4th include: Hudson Valley; West Point Military Academy; Hudson River to New York City

Harbor Cruise; Broadway Show; 911 Memorial; Macy's Fireworks Display; Manhattan Rockefeller Plaza; Times Square; Free Time; and, St. Patrick's Cathedral.



GEMS OF THE DANUBE Sept 25-Oct 5, 2022 Starting at \$6245 double occupancy Connecting eight countries from the Black Forest to the Black Sea, the Danube is Europe's second Gothic Cathedrals rise from lush vineyards and medieval villages stand as they did thousands of years ago, you will experience the pleasures of this mighty river on a delightful cruise aboard the MS Scenic Jasper. Explore the art, history and culture of Europe's most celebrated cities-Melk, with its splendid Benedictine Abbey, Vienna, where Mozart composed his greatest operas and symphonies, and Budapest, crowned "Queen of the Danube".



#### CALIFORNIA CHRISTMAS DREAMIN'

December 5-9, 2022 starting at \$1899/double occ. Trip presentation Wednesday, May 11 at 1:00 pm

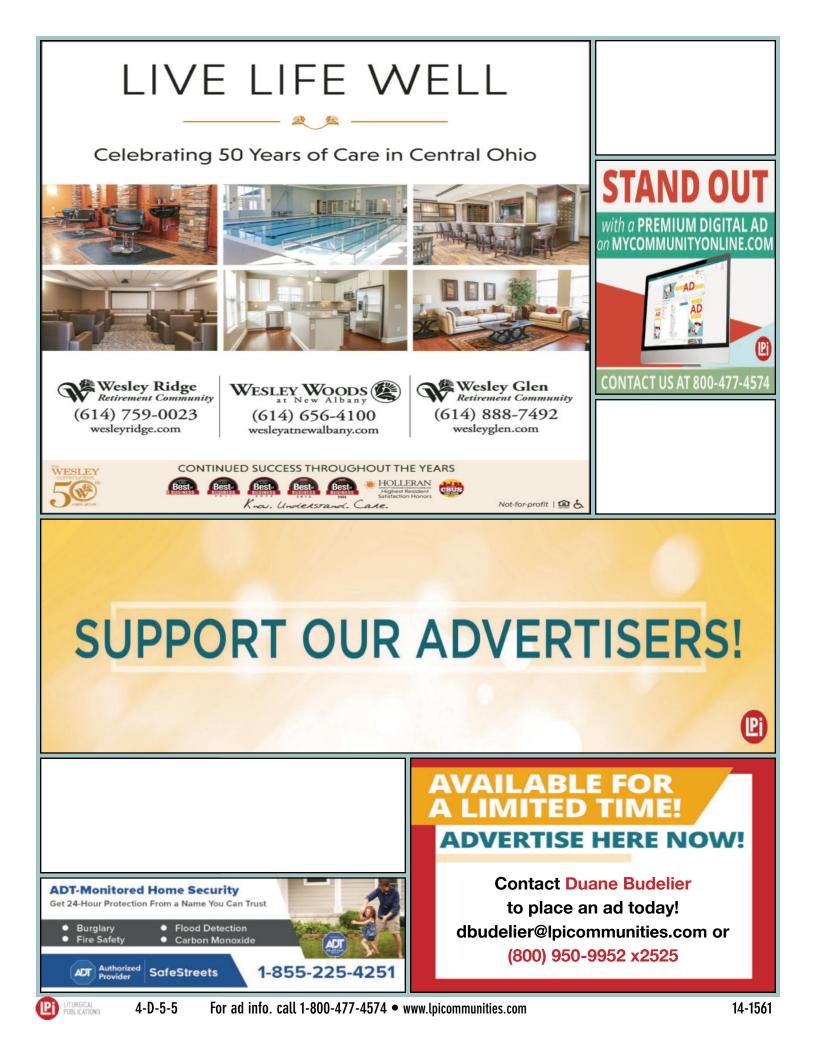
A holiday getaway to Charming San Luis Obispo, California featuring Hearst Castle, Reagan Library, Apple Farm Inn and much more! Check out the brochures by the office.



#### MEDITERRANEAN INTERLUDE on Celebrity Edge

May 11-21, 2023 starting at \$4995/double occupancy Trip presentation Wednesday, May 11 at 1:30ish pm We're presenting this one early to give you a sneak peek at next year's big trip. Start your Mediterranean cruise vacation visiting the famous sites of Rome. Take a swim in the cool, crisp waters of Corsica and stroll across the colorful boutiques in Cannes. Relax longest river. Along the banks of the Danube, where on a golden sand beach at Palma de Mallorca and end your vacation in Barcelona where fascinating architecture and five star cuisine await. Includes pre- and post-night in Rome and Barcelona.







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