

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
Atlanta, GA	<p><b><u>Georgia Aquarium</u></b></p> <p>Visit the breathtaking Georgia Aquarium, featuring the huge underwater tunnels where you will see whale sharks, dolphins, and beluga wales. Over 100,000 marine animals live here at the largest aquarium in North America. Try the new 4D camera to experience an immersive underwater adventure without getting wet. Pet the animals in the tidal pools. Tickets: \$35.95/adult – consider a behind the scenes “animal encounter!”  <a href="https://www.georgiaaquarium.org/?keyword=&amp;qclid=CLmv-dKZ6NMCFdG3wAoddkwEnQ">https://www.georgiaaquarium.org/?keyword=&amp;qclid=CLmv-dKZ6NMCFdG3wAoddkwEnQ</a></p> <p><b><u>Atlanta Food Walks – Southern Food Walking Tour</u></b></p> <p>Who invented barbecue sauce? Walking tours through historic Downtown Atlanta traces the surprising history of southern food and its importance in the Civil Rights movement: try regional classics like soul food chicken and yams, low country cuisine, barbecue and moonshine, and sweet Creole candies. Samplings of sweet tea and lemonade, moonshine also available. An easy walk over 2 miles, \$65/person, 3.5 hours. Group rates available.  <a href="http://atlantafoodwalks.com/?qclid=ClqzmMOi6NMCFQQJaQodG5IPag">http://atlantafoodwalks.com/?qclid=ClqzmMOi6NMCFQQJaQodG5IPag</a></p> <p><b><u>Inside CNN Studio Walking Tour</u></b></p> <p>Get behind the news at the CNN studio – the world’s first 24 hour news station. See how a news broadcast is put together and aired. \$15/adult or \$33/VIP (maybe meet news personalities!) Group tours available.  <a href="http://tours.cnn.com/#">http://tours.cnn.com/#</a></p> <p><b><u>Center for Civil and Human Rights</u></b></p> <p>Experience the history of the Civil rights Movement from the African American perspective at the APEX Museum. Interactive exhibits and displays in this new (2014) modern architecture building will explain segregation laws – even recreate the famous lunch counter sit-in. Exhibits for Women’s and LGTB rights are now also featured. \$18/adult.  <a href="https://www.civilandhumanrights.org/">https://www.civilandhumanrights.org/</a></p> <p><b><u>Martin Luther King Jr. National Historic Site</u></b></p> <p>This facility, operated by the National Park Service, is free to attendees. Visit the Historic Ebenezer Baptist Church, Freedom Hall, Dr. King’s Birth Home, and Fire Station No. 6 – tours available.  <a href="https://www.nps.gov/malu/index.htm">https://www.nps.gov/malu/index.htm</a></p>	<p><b>Laura Eschleman</b></p> <p><b>Melody Kiella</b></p>

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Austin, TX	<p><b><u>Lady Bird Lake – Butler Trail (hike or bike)</u></b></p> <p>Rent bikes, walk or run around Lady Bird Lake in downtown Austin. Or, risk getting wet with paddle boards which can be rented lakeside.  <a href="http://www.thetrailfoundation.org/explore/about-the-butler-trail/">http://www.thetrailfoundation.org/explore/about-the-butler-trail/</a>  <a href="http://365thingsaustin.com/2013/01/23/best-places-to-run-in-austin-texas/">http://365thingsaustin.com/2013/01/23/best-places-to-run-in-austin-texas/</a>  <a href="http://www.forbes.com/pictures/emej45elme/austin-texas/">http://www.forbes.com/pictures/emej45elme/austin-texas/</a></p> <p><b><u>SoCo – South Congress Shopping District</u></b></p> <p>Austin’s historic commercial district is nationally renowned for its eclectic shopping and dining options and runs North from the Congress Bridge for about 1 mile. Tie in a lunch option at any of the local taco places (patio, anyone?). This is a great place to purchase the cowboy boots you have always wanted.  <a href="https://en.wikipedia.org/wiki/South_Congress">https://en.wikipedia.org/wiki/South_Congress</a></p> <p><b><u>Museum Tour – LBJ Presidential Museum, Texas State History Museum, Blanton Museum of Art</u></b></p> <p>These three iconic cultural centers are close together and are often toured in one afternoon. Most people take a cab from their hotel.  <a href="http://www.lbjlibrary.org/">http://www.lbjlibrary.org/</a>  <a href="http://www.thestoryoftexas.com/visit">http://www.thestoryoftexas.com/visit</a>  <a href="http://www.blantonmuseum.org/">http://www.blantonmuseum.org/</a></p> <p><b><u>Bat Watching</u></b></p> <p>Austin is famous for its bat population. They are not of the vampire variety. Every evening at sundown, Austin’s tourist gather near Congress Bridge to watch 1.5 MILLION (eek!) bats emerge from their daily slumber and head out for a night of flying and dining. Cost of this activity – FREE! It’s a great thing to do as a group, from the hotel, on the way to a DRI Dine-Around.</p> <p><b><u>Bus Trip to Hill Country</u></b></p> <p>Very popular for Austin visitors is to take a bus trip to Hill Country (Wimberley, Fredericksburg, etc.) where there are breweries, wineries, shops, and it is wildflower season so the scenery is incredible. The hotel concierges are willing to coordinate these activities. DRI Regional Meeting attendees have participated in this activity at the end of their meeting (2016).</p>	<p><b>David Davis</b></p> <p><b>Bobby Walden</b></p> <p><b>Toyja Kelley</b></p>

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<p><b>Boston, MA</b></p>	<p><b><u>Freedom Trail Boston Walking Tour</u></b></p> <p>Walk the Freedom Trail at the center of historic Boston – it’s a red brick path through the city leading visitors to the historic sites. One self-guided tour and map covers the entire 2.5 miles (4 km) of Freedom Trail sites (about 2 hours). See Boston Common, Massachusetts State House, Park Street Church, King’s Chapel, Faneuil Hall and much more!  Free <a href="http://www.freetoursbyfoot.com/boston-tours/freedom-trail-map-guide/">http://www.freetoursbyfoot.com/boston-tours/freedom-trail-map-guide/</a>  Or guided <a href="http://www.tourofthefreedomtrail.com/Products.html">http://www.tourofthefreedomtrail.com/Products.html</a></p> <p><b><u>New England Aquarium and the Rose Kennedy Greenway Fitness</u></b></p> <p>Visit the New England Aquarium on the Central Wharf in Downtown Boston. Animal encounters, guided presentations by marine biologists, sea lion feeding and other attractions await. Walk through the Rose Kennedy Greenway see the beautiful organic park, one-of-a-kind hand crafted carousel as well as permanent and periodic art exhibitions, all constructed as a result of the “Big Dig” in 1991 at Boston’s waterfront. Check out the daily online schedule of featured food trucks or consider organizing a group to participate in their organized fitness classes on the Greenway – think mass yoga!  <a href="http://www.neaq.org/">http://www.neaq.org/</a>  <a href="http://www.rosekennedygreenway.org/">http://www.rosekennedygreenway.org/</a>  <a href="http://www.rosekennedygreenway.org/events/fitness-classes/">http://www.rosekennedygreenway.org/events/fitness-classes/</a></p> <p><b><u>Salem Tours</u></b></p> <p>“Witch” way to Salem? Salem and Witches are two words synonymous with New England, where witchcraft hysteria defined this port’s place in history. These tours might be more fun at night!  <a href="http://www.witchwalk.com/">http://www.witchwalk.com/</a>  <a href="http://www.salemghosttours.com/OTHER-TOURS.html">http://www.salemghosttours.com/OTHER-TOURS.html</a></p> <p><b><u>Cambridge Tour</u></b></p> <p>Consider a trip to Harvard and Cambridge – by trolley tour, or some water-savvy members might try renting a kayak in downtown Boston and making the trip along the Charles River to Harvard. Maybe a guided tour of “Hahvahd” would be fun, especially if led by theatre majors!  <a href="https://www.trolleytours.com/boston/cambridge">https://www.trolleytours.com/boston/cambridge</a>  <a href="http://www.paddleboston.com/boston.php">http://www.paddleboston.com/boston.php</a>  <a href="http://www.trademarktours.com/harvard-tour/">http://www.trademarktours.com/harvard-tour/</a></p>	

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Chicago, IL	<p><b><u>Chicago Line Architecture Tours</u></b></p> <p>“Throughout our signature cruise one of our award-winning Docents will present more than 50 skyscrapers, bascule bridges, and historic sites.”</p> <p>Duration: 90 minutes – to book a group contact Ray 312 527-1927  Details: Covered boats in case of inclement weather  Cost: Adults \$43, Seniors \$40, Youth \$22, Children under 6 free  Directions: Cruise leaves from 465 McClurg Court (exit hotel, North Park to East Illinois to McClurg)  <a href="https://www.chicagoline.com/chicago-boat-cruises/architectural-boat-tours">https://www.chicagoline.com/chicago-boat-cruises/architectural-boat-tours</a></p> <p><b><u>Chicago Art Institute</u></b></p> <p>“As one of the country's largest art museums, the Art Institute of Chicago is a must-see for local, national, and international groups of all ages. From our world-renowned French Impressionist collection to American art favorites like Grant Wood's American Gothic and from ancient treasures from across the globe to modern masterpieces by Dalí, Matisse, and Picasso, the museum has something for everyone—art experts and new museum-goers alike.”</p> <p>Cost: FastPass Adult \$35, General Admission Adult \$20 – online purchase available 90 days before  Directions: Historic Entrance 111 S. Michigan Ave., Columbus, East Upper Wacker, Michigan Ave.  <a href="http://www.artic.edu/visit/visiting-group">http://www.artic.edu/visit/visiting-group</a></p> <p><b><u>Buddy Guy's Legends Blues Club</u></b></p> <p>Tickets: online in advance or at door, cover charge \$10 Sunday-Thursday and \$20 on Fridays and Saturdays (excluding special events)</p> <p>Time: Lunch sets starting at 12 pm Wed-Sun, dinnertime sets 7 nights/week between 5-6 pm.</p> <p>Seating: no reserved seating “tables usually fill up between 7:30-8 PM. On a Friday or Saturday, tables can fill up as early as 6-7 PM.”</p> <p>Directions: 700 S. Wabash - 30 min cab ride from hotel  <a href="http://buddyguy.com/">http://buddyguy.com/</a></p>	<p><b>Mike Marick</b></p> <p><b>Dan Arnett</b></p> <p><b>Megan O'Neill</b></p>

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<p><b>Chicago, IL (cont'd.)</b></p>	<p><b><u>Bobby's Bike Hike – Waterfront Bike Tour</u></b></p> <p>“Rated the best Chicago sightseeing tour of 2016 by TripAdvisor, Most organized bike ride of Chicago by the Chicago Reader, and Best Chicago Tour by Citysearch! This tour is what made Bobby famous, taking you off the tourist beat and onto the quiet neighborhood streets, city parks, and packed beaches of the North Side of Chicago, giving you a glimpse as to how Chicagoans enjoy their beautiful city. Highlights include the Gold Coast Mansions, Oprah’s old Chicago digs, the Playboy Mansion, Lincoln Park Zoo, Old Town Historic District, North Avenue Beach, and the amazing Chicago Lakefront. All ages and fitness levels will enjoy, but children must be strong, capable riders. Reservations recommended.”</p> <p>Duration: 3 hours (usually at 1pm)  Difficulty level: novice  Cost: Adults \$42.50, Students/Seniors \$37.50, Kids under 12 \$25.75, Kids under 4 \$13.50  Details: contact 312 245-9300  Directions: Lakeshore Drive and Ohio Street, cab from hotel or North Park to East Illinois, North McClurg to East Ohio  <a href="http://www.bobbysbikehike.com/">http://www.bobbysbikehike.com/</a></p> <p><b><u>Chef Driven Food Tour of Chicago</u></b></p> <p>“Visit the “spots where the ‘in the know chefs’ eat. Our stops have been featured on “Anthony Bourdain,” “Food Network”, and “Diners, Drive-Ins and Dives.” The city’s most knowledgeable guides. All our guides are restaurant industry professionals with at least ten years of experience as chefs, chef/owners, or mixologists as well as born and raised Chicagoans. Visit the Coolest neighborhoods. Get off the beaten path of corporate and chain restaurants and experience the real Chicago.”</p> <p>Duration: 3-3.5 hrs  Details &amp; Cost: walking or driving - South Side, Pilsen/Little Village, Maxwell Street, and Secret Tavern tours are \$135 per person (including food and beverages); Greatest Hits Culinary Adventure and Little Italy Walking Tours are \$110 per person (including food and beverages – alcoholic beverages to be purchased separately). Gratuity added for groups of 8+.  Contact to book: 1 877 243-3755  <a href="http://www.chefdrivenfoodtours.com/">http://www.chefdrivenfoodtours.com/</a></p>	<p><b>Mike Marick</b></p> <p><b>Dan Arnett</b></p> <p><b>Megan O’Neill</b></p>

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<p><b>Chicago, IL (cont'd.)</b></p>	<p><b><u>Chicago Crime Tours</u></b></p> <p>“Escape into Chicago's underworld on a crime and mob bus tour. Some of the world’s most famous criminals, mobsters and gangsters bamboozled their way through Chicago. Tour on-and-off a luxury, climate controlled bus and enjoy sightseeing famous Chicago crime scenes from the 19th century through modern times. Explore several historic crime scenes by foot, including where Chicago gangsters John Dillinger and Hymie Weiss stood just before their deaths.”</p> <p>Scheduling: very flexible for duration and start time, night tours available, typically 1.5 hr tour or 2.5 hrs, which includes stop at the speakeasy  Size of group: 13, 22, 39 or 55 passenger bus  Cost: price ranges from \$96 (for the 13 passenger) to \$40 for the 55 passenger bus.  Contact to book: (312) 888-6224  <a href="https://chicagocrimetours.com/#tours">https://chicagocrimetours.com/#tours</a></p>	<p><b>Mike Marick</b></p> <p><b>Dan Arnett</b></p> <p><b>Megan O’Neill</b></p>
<p><b>Denver, CO</b></p>	<p><b><u>Mount Evans Drive or Hike</u></b></p> <p>All 14 miles of the seasonal road (opens in May) from the entrance station to the Mount Evans summit parking area (14,130) are paved. From there, you can hike the last 130 feet (about 1/4 mile walk) to the top at 14,264 feet. After you have made this climb, you can tell all your friends: "I climbed a 14,000-foot mountain in Colorado!" From the summit there are breathtaking panoramic views out over the mountains and valley below. You might see mountain goats, bighorn sheep, marmots, and pika. Weekdays and early mornings are some of the less visited hours and may be a better option for people looking to escape large crowds. There is a small access fee (\$10/vehicle under 12 occupants).</p> <p><a href="http://www.mountevans.com/">http://www.mountevans.com/</a> There are three marked hiking trails (about 1 hour)  <a href="http://www.mountevans.com/MountEvansCom/Mount-Evans-Things-HikingByway.HTML">http://www.mountevans.com/MountEvansCom/Mount-Evans-Things-HikingByway.HTML</a></p> <p><b><u>Museum of Nature and Science</u></b></p> <p>Exhibits of dinosaur and ice age animals, the extensive minerals collection and one of the largest nuggets of gold found in Colorado this museum is a great place to conduct a group walking tour. They also have an IMAX Theater and a Planetarium.  <a href="http://www.dmns.org/">http://www.dmns.org/</a></p> <p><b><u>Denver Botanic Gardens</u></b></p> <p>Consider a trip with some DRI friends to the Denver Botanic Gardens – one of the largest botanical gardens in the United States, occupying 23 acres next to Cheesman Park. There are 43 individual gardens. Often the gardens host concerts.  <a href="http://www.botanicgardens.org/">http://www.botanicgardens.org/</a></p>	<p><b>Matt Biscan</b></p> <p><b>Amy Miletich</b></p> <p><b>Katherine Mercer-Lawson</b></p>

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<b>Denver, CO (cont'd.)</b>	<p><b><u>Denver Museum of Art</u></b>  The Denver Art Museum's striking architecture was inspired by the Rocky Mountains. Tickets are about \$10 for adults and exhibitions rotate with a variety of art from all over the world. Group tours available.  <a href="http://denverartmuseum.org/">http://denverartmuseum.org/</a></p> <p><b><u>Larimer Square</u></b>  Larimer Square features beautifully restored buildings of the Civil War period. In 1971, Larimer Square became Denver's first historic district, lined with gas lamps, and now is a major entertainment district. You'll find restaurants, shops and art galleries and at night check out bands and comedians. Buffalo Bill used to live here!  <a href="http://www.larimersquare.com/">http://www.larimersquare.com/</a></p>	<p><b>Matt Biscan</b></p> <p><b>Amy Miletich</b></p> <p><b>Katherine Mercer-Lawson</b></p>
<b>Detroit, MI</b>	<p><b><u>Professional Sports (Depending on Season)</u></b>  Detroit boasts four professional sports teams:  Tigers (MLB) <a href="https://www.mlb.com/tigers">https://www.mlb.com/tigers</a>  Lions (NFL) <a href="http://www.detroitlions.com/">http://www.detroitlions.com/</a>  Pistons (NBA) <a href="http://www.nba.com/pistons/">http://www.nba.com/pistons/</a>  Red Wings (NHL) <a href="https://www.nhl.com/redwings">https://www.nhl.com/redwings</a></p> <p><b><u>The Henry Ford Museum of Innovation</u></b>  The Henry Ford Museum is located in the heart of Dearborn (20 minute drive from Detroit). Visit the museum and see Greenfield Village and take a Ford Factory Tour. "Step into the bus where Rosa Parks took a stand by taking a seat." See the Wright brothers' achievements. See Buckminster Fuller's circular Dymaxion House. Admission \$22. Tours available.  <a href="https://www.thehenryford.org/visit/henry-ford-museum/">https://www.thehenryford.org/visit/henry-ford-museum/</a></p> <p><b><u>Casinos</u></b>  Detroit's casinos offer a fun networking location - MGM Detroit, Motor City Casino, Greektown Casino, Caesar's in Windsor. This company offers tours of all of them.  <a href="http://www.experiencedetroit.com/casinos.htm">http://www.experiencedetroit.com/casinos.htm</a></p> <p><b><u>Greek Town Neighborhood Tour</u></b>  Thousands of immigrants came from Europe to Detroit in the early 1900s. Walking tours of the various neighborhoods are available, with dining stops incorporated. Cultural enclaves and international melting pot experience, all in the down town core of Detroit.  <a href="http://www.experiencedetroit.com/ethnicneighborhoods.htm">http://www.experiencedetroit.com/ethnicneighborhoods.htm</a></p>	<p><b>Ed Perdue</b></p> <p><b>Dave Campbell</b></p>
<b>Detroit, MI</b>	<p><b><u>The Wright Museum of African American History</u></b></p>	<p><b>Ed Perdue</b></p>

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(cont'd.)	<p>Appreciate the city's African-American heritage at the Charles H. Wright Museum of African American History, and then travel to the First Congregational Church of Detroit for the Underground Railroad Living Museum Tour. Reasonable admission rates, guided tours available.  <a href="http://thewright.org/">http://thewright.org/</a></p> <p><b><u>Belle Island Conservatory &amp; Aquarium</u></b></p> <p>Belle Island is located in the Detroit river and it is a designated park accessed by the Douglas MacArthur Bridge off Jefferson Avenue. The Anna Scripps Whitcomb Conservatory is the oldest continually-running conservatory in the United States. The conservatory includes the Palm House, the Tropical House, the Cactus House, a sunken Fernery, and the Show House. There are docent-led tours available (\$3 per person). The aquarium has, since its re-opening in 2012 (originally opened in 1904) "exploded in popularity." Free.  <a href="https://www.belleisleconservancy.org/anna-scripps-whitcomb-conservatory">https://www.belleisleconservancy.org/anna-scripps-whitcomb-conservatory</a></p>	<p><b>Dave Campbell</b></p>
Las Vegas, NV	<p><b><u>The Obvious: Casinos</u></b></p> <p>Caesars Palace, the Bellagio, or Downtown's legendary Golden Nugget, the Palms, or the off-Strip Gold Coast or Circus Circus, just to name a few.  <a href="http://www.lasvegas.com/casinos/">http://www.lasvegas.com/casinos/</a></p> <p>Don't know how to play? Take lessons!  <a href="https://www.vegas.com/gaming/gaming-lessons/">https://www.vegas.com/gaming/gaming-lessons/</a></p> <p><b><u>Catch a Show</u></b></p> <p>Vegas has a host of musicians and bands that set up shop in casino showrooms for extended runs that translate all the production value of a massive tour into a far more intimate experience. Whenever you visit, somebody will be putting on a show, so check the calendar then book your tickets to see Celine Dion, Elton John, J. Lo, Cher, Bruno Mars, Backstreet Boys or Reba, Brooks &amp; Dunn in concert. <a href="https://www.vegas.com/shows/">https://www.vegas.com/shows/</a></p> <p><b><u>Wine Tasting</u></b></p> <p>The Rio Wine Cellar and Tasting Room, home to a \$10 million wine collection including Chateau d'Yquem and a bottle of Madeira from Thomas Jefferson's personal stash.  <a href="https://www.caesars.com/rio-las-vegas/restaurants/wine-cellar-and-tasting-room">https://www.caesars.com/rio-las-vegas/restaurants/wine-cellar-and-tasting-room</a></p>	<p><b>Steve Farrar</b></p>
Las Vegas, NV (cont'd.)	<p><b><u>Spas</u></b></p>	<p><b>Steve Farrar</b></p>



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	<p>Almost every hotel has a luxury spa, but Sahra Spa &amp; Hammam at the Cosmopolitan is one of the best. Try the Fire &amp; Ice facials. At the Mandarin Oriental, you can visit the Chinese foot spa or partake in a blissful couples treatment. While at the Linq, guests can book a break in the Himalayan salt cave. Whatever your need, the best spas in Las Vegas have got you covered.</p> <p><a href="https://www.cosmopolitanlasvegas.com/spa/">https://www.cosmopolitanlasvegas.com/spa/</a>  <a href="http://www.mandarinoriental.com/lasvegas/luxury-spa/">www.mandarinoriental.com/lasvegas/luxury-spa/</a>  <a href="https://www.caesars.com/linq/hotel/spa">https://www.caesars.com/linq/hotel/spa</a></p> <p><b><u>Peppermill’s Fireside Lounge</u></b></p> <p>Drowned in blacklight, staffed by servers in floor-length dresses and packed with fake foliage and mirrors, the Peppermill’s Fireside Lounge is a glorious throwback to the days when disco ruled the dance floor. Gather around a cozy fire pit and order a plate of nachos and the famous 64oz Scorpion Bowl.</p> <p><a href="http://www.peppermillasvegas.com/">http://www.peppermillasvegas.com/</a></p> <p><b><u>Hoover Dam</u></b></p> <p>The 726-foot-high curving cement facade makes for a striking view, whether you take a guided tour, walk onto the bridge or view it from a boat on Lake Mead. It took five years and 21,000 men to build the mighty dam on the Colorado River, and it’s worth stopping by to see the fruits of their labor.</p> <p><a href="https://www.usbr.gov/lc/hooverdam/">https://www.usbr.gov/lc/hooverdam/</a></p> <p><b><u>Hiking</u></b></p> <p>Vegas is surrounded by mountains and canyons, which offer wonderful hiking year-round.</p> <p><a href="https://www.alltrails.com/us/nevada/las-vegas">https://www.alltrails.com/us/nevada/las-vegas</a> or <a href="http://www.hikinglasvegas.com/">www.hikinglasvegas.com/</a></p> <p><b><u>Downtown Mob Museum</u></b></p> <p>Within the safe confines of Downtown’s Mob Museum, of course. Set in a former courthouse that hosted part of the Kefauver Hearings, this brilliant museum chronicles organized crime around the globe and in Las Vegas—where the Mob really used to run the joint—as well as law enforcement’s efforts to combat it. Exhibits include a vintage electric chair and a piece of the St. Valentine’s Day Massacre wall. A multimillion-dollar renovation will add a hands-on crime lab and firearm training experience in 2018. <a href="http://www.themobmuseum.org">www.themobmuseum.org</a></p>	
Las Vegas, NV (cont’d.)	<b><u>The Stratosphere</u></b>	Steve Farrar

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	<p>If you see a person drifting down to earth from the top of the Stratosphere, don't freak out. That's just the SkyJump, a controlled free-fall that sends brave visitors hurtling toward solid ground from 829 feet up. Even if you don't fancy throwing yourself off a perfectly good building, you can still sign on for some thrills. Follow the shrieks to the top of the Strat, the tallest building in Nevada, where rides like Big Shot, X-Scream and Insanity: the Ride are just as terrifying as they sound.</p> <p><a href="http://www.stratospherehotel.com/Attractions">www.stratospherehotel.com/Attractions</a></p>	
<p><b>Miami, FL</b></p>	<p><b><u>Art Deco District</u></b></p> <p>Also known as the Miami Beach Architectural District, it stretches along Collins Avenue (the main beachfront drag) from Miami Beach Drive north to 18th Street, with a spur to the west along Lincoln Road. The buildings here, mostly hotels, were built between the 1920s and the 1940s. It's free to walk throughout the district, stop at one of the many beautiful (but overpriced) outdoor lounges or restaurants along the way.</p> <p><a href="http://www.miamiandbeaches.com/places-to-see/miami-beach/art-deco-historic-district">www.miamiandbeaches.com/places-to-see/miami-beach/art-deco-historic-district</a></p> <p><b><u>Ancient Spanish Monastery</u></b></p> <p>Located in North Miami Beach, The Ancient Spanish Monastery has existed, in one form or another, since the 12th century. Originally constructed in Segovia, Spain, it was purchased in the early 20th century by newspaper magnate William Randolph Hearst and transported in pieces to the United States. In the 1950s, it was reassembled on its current location, and has welcomed visitors (and hosted special events, including copious weddings and film shoots) ever since.</p> <p><a href="http://www.spanishmonastery.com/">www.spanishmonastery.com/</a></p> <p><b><u>Cauley Square Historic Village</u></b></p> <p>Cauley Square Historic Village, located southwest of Miami proper, is a well-preserved (if somewhat kitschy) railroad village that dates back to the early 20th century. Though the lush surroundings are very different, Cauley Square's building stock is similar to the recreated frontier towns common in the western United States. Restaurants, gift shops, and interpretive exhibits abound, as do beautiful gardens, scheduled musical performances, and various community events, including a car show.</p> <p><a href="http://www.cauleysquare.com/">www.cauleysquare.com/</a></p>	<p><b>Frank Ramos</b> <b>Mark Antonelli</b></p>
<p><b>Miami, FL (cont'd.)</b></p>	<p><b><u>Venetian Pool</u></b></p> <p>Only in South Florida can swimming be a legitimate historical exercise. In the city of Coral Gables,</p>	<p><b>Frank Ramos</b> <b>Mark Antonelli</b></p>

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	<p>near Miami, the spring-fed Venetian Pool is a stunning feat of art and engineering – a handsome void carved out of solid coral rock.  <a href="http://www.miamiandbeaches.com/places-to-see/coral-gables/venetian-pool">www.miamiandbeaches.com/places-to-see/coral-gables/venetian-pool</a></p> <p><b><u>Vizcaya Museum and Gardens</u></b></p> <p>Built as a winter home in the 1910s by James Deering, who oversaw an agricultural equipment conglomerate, the Vizcaya Museum &amp; Gardens sits on 10 acres just two miles southwest of downtown Miami, along Biscayne Bay. The immaculately landscaped gardens and ornate dock area are almost as impressive as the sprawling stone mansion itself.  <a href="http://www.vizcaya.org">www.vizcaya.org</a></p> <p><b><u>Perez Art Museum Miami (PAMM)</u></b></p> <p>Perez Art Museum Miami has an expansive collection focusing on contemporary (20th and 21st century) art from the Americas. 45-minute public tours are available throughout the day.  <a href="http://www.pamm.org/">www.pamm.org/</a></p> <p><b><u>Museum of Contemporary Art (MOCA)</u></b></p> <p>Located in North Miami, the Museum of Contemporary Art, or MOCA, is arguably Miami’s foremost contemporary art institution. Founded in 1981, its mission is to “[make] contemporary art accessible to diverse audiences – especially under-served populations – through the collection, preservation and exhibition of the best of contemporary art and its art historical influences.”  <a href="http://www.mocanomi.org">www.mocanomi.org</a></p> <p><b><u>Miami Seaquarium</u></b></p> <p>Miami Seaquarium is a large, modern aquarium with a bevy of large marine mammals: sea lions, dolphins, and manatees, to name a few, plus non-mammals such as sea turtles. Located on Virginia Key, between downtown Miami and Key Biscayne, its permanent exhibits, periodic shows, and special tours and experiences are appropriate for kids and adults alike.  <a href="http://www.miamiseaquarium.com/">www.miamiseaquarium.com/</a></p>	
<p><b>Miami, FL (cont’d.)</b></p>	<p><b><u>Design District</u></b></p> <p>Located north of downtown Miami, the Design District is super-posh, with dozens of flagship stores for virtually every high-end clothing, apparel, and jewelry brand you’ve heard of – and some you</p>	<p><b>Frank Ramos Mark Antonelli</b></p>

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	<p>probably haven't. However, you don't have to buy anything to enjoy yourself here. Simply walk past the sleek storefronts, many of which are arrayed around pedestrian-only paths, and marvel at what's inside.</p> <p><a href="http://www.miamidesigndistrict.net/">www.miamidesigndistrict.net/</a></p> <p><b><u>Little Havana</u></b></p> <p>Anchored by Calle Ocho (8th Street), a super-vibrant main drag of traditional eateries, pocket parks (popular with domino players), cigar bars, stall vendors, and street performers, Little Havana is the heart of Miami's huge Cuban expat community. There's no right or wrong way to experience this utterly unique neighborhood – as long as you budget a couple of hours to take it all in and don't mind jostling with crowds of eager tourists.</p> <p><a href="http://www.miamiandbeaches.com/places-to-see/little-havana">www.miamiandbeaches.com/places-to-see/little-havana</a></p> <p><b><u>Little Haiti</u></b></p> <p>Little Haiti is a northern Miami district that's home to a diverse Caribbean diaspora, including thousands of newcomers from Haiti. The fact that it's not as well-known or as heavily visited as Little Havana works in its favor – few tour buses (or even independent tourists) make it all the way up here. Highlights include beautiful wall murals depicting prominent Haitians, fanciful and colorful building facades, and locally run cultural institutions such as the Haitian Cultural Arts Alliance and Little Haiti Cultural Center.</p> <p><a href="http://www.miamiandbeaches.com/places-to-see/little-haiti">www.miamiandbeaches.com/places-to-see/little-haiti</a></p> <p><b><u>Miami Auto Museum</u></b></p> <p>An open-to-the-public collection of rare and classic cars, including cars that appeared in major films, such as an original Batmobile and the 1981 DeLorean from "Back to the Future."</p> <p><a href="http://www.dezercollection.com">www.dezercollection.com</a></p> <p><b><u>Miami Riverwalk Trail</u></b></p> <p>The mile-long, art-studded Miami Riverwalk Trail hugs the north side of the Miami River in downtown Miami. Though the riverfront is fairly built-up, the walk itself is tree-lined in many places, and affords great opportunities to snap pictures of the skyline. If you're staying in the area, the Riverwalk is great for early-morning or sunset jogs.</p> <p><a href="http://www.miami-beach-travelguide.com/miami_riverwalk.html">www.miami-beach-travelguide.com/miami_riverwalk.html</a></p>	
<p><b>Miami, FL (cont'd.)</b></p>	<p><b><u>Everglades National Park</u></b></p> <p>Located west of Miami's urban area, Everglades National Park protects part of the enormous Everglades, South Florida's ecological crown jewel. This expansive swamp is a critical habitat for thousands of species, including the endangered Florida panther (the only breeding cougar population</p>	<p><b>Frank Ramos Mark Antonelli</b></p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
	<p>east of the Mississippi), the threatened American crocodile, and the lovable manatee. Words don't do this place justice – so, if you have any time to get outside Miami during your visit, you need to see the Everglades.</p> <p><a href="https://www.nationalparks.org/explore-parks/everglades-national-park">https://www.nationalparks.org/explore-parks/everglades-national-park</a></p>	
<p><b>Nashville, TN</b></p>	<p><b><u>Live Music</u></b></p> <p><a href="http://www.visitmusiccity.com/music/livemusic">www.visitmusiccity.com/music/livemusic</a></p> <p><b><u>The Grand Ole Opry</u></b></p> <p>Grand Ole Opry radio shows have been broadcast from here since 1925, and visitors can enjoy regular shows starring famous country stars in the Ole Opry House itself, along with fun backstage tours.</p> <p><a href="http://www.opry.com">www.opry.com</a></p> <p><b><u>Country Music Hall of Fame and Museum</u></b></p> <p>The Country Music Hall of Fame and Museum is in the heart of downtown Nashville, its tall windows resembling the keys of a piano. The museum features a multi-media display of historical performances, costumes, instruments, gold records, and memorabilia. Other highlights include a Cadillac that once belonged to Elvis, a massive 40 foot guitar, a tour bus, and a recording booth. Guided tours of the historic RCA Studio B are also available.</p> <p><a href="http://countrymusichalloffame.org/">http://countrymusichalloffame.org/</a></p> <p><b><u>Johnny Cash Museum</u></b></p> <p>The Johnny Cash Museum is dedicated to the life and music career of the late "Man in Black". Exhibits featuring the world's largest most comprehensive collection of Johnny Cash artifacts and memorabilia, chronicle Cash's legacy through stunning graphics, artifacts and interactive technology. Items include stage costumes, instruments, personal letters, artwork and handwritten lyrics as well as contributions from family members and notable friends.</p> <p><a href="http://www.johnnycashmuseum.com/">www.johnnycashmuseum.com/</a></p>	<p><b>Laura Proctor</b></p> <p><b>Kristi Arth</b></p> <p><b>Jim Catalano</b></p> <p><b>Dale Crow</b></p>
<p><b>Nashville, TN (cont'd.)</b></p>	<p><b><u>The General Jackson</u></b></p> <p>This modern four-deck paddle-wheel showboat was built to resemble a steamship from the 1800s and offers a variety of cruises on the Cumberland River, including dining and show packages.</p> <p><a href="https://generaljackson.com/">https://generaljackson.com/</a></p> <p><b><u>The Bluebird Café</u></b></p>	<p><b>Laura Proctor</b></p> <p><b>Kristi Arth</b></p> <p><b>Jim Catalano</b></p> <p><b>Dale Crow</b></p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
	<p>The Bluebird Café is a dynamic 90-seat music club in Nashville, Tennessee that opened in 1982. The club is famous for intimate, acoustic music performed by its composers. Some performers are established singer/songwriters, and others perform hit songs written by other artists.  <a href="http://www.bluebirdcafe.com/">www.bluebirdcafe.com/</a></p> <p><b><u>Tootsie's Orchid Lounge</u></b></p> <p>If you're looking for an authentic Honky Tonk atmosphere with top-notch performances, Tootsie's "World Famous" Orchid Lounge is the place to go. This downtown bar has been featuring performances by both world-renowned and up-and-coming artists.  <a href="http://www.tootsies.net/">www.tootsies.net/</a></p> <p><b><u>The Nashville Parthenon</u></b></p> <p>In Centennial Park, a short walk west of the city center, is the famous reproduction of Athens' Parthenon. Originally built of wood in 1897 to commemorate the state's centenary and later rebuilt in cement on the same site, it's an impressively accurate full-scale replica of the original Greek temple. Inside is a permanent art collection of 63 works by 19th- and 20th-century American painters, along with a 42-foot-high replica of the statue of the goddess Athena Parthenos covered with gold leaf. Also worth seeing are the replicas of the famed 5th century BC Parthenon Marbles.  <a href="http://www.nashville.gov/Parks-and-Recreation/Parthenon.aspx">www.nashville.gov/Parks-and-Recreation/Parthenon.aspx</a></p> <p><b><u>The Hermitage</u></b></p> <p>Constructed in 1821 for President Andrew Jackson, this Greek Revival mansion now stands as a National Historic Landmark and a preserved window into the president's home life. Most of us may be familiar with Jackson from his role in the War of 1812, his stint as president and his appearance on the \$20 bill, but a tour of the 1,000-acre estate provides a more up-close-and-personal look. Along the guided tour you'll see the main house, the kitchen, an original log cabin, Jackson's tomb and the Old Hermitage Church. Another popular exhibit tells the story of the 150 slaves that worked on the grounds from 1804 to 1865.  <a href="http://www.thehermitage.com/">www.thehermitage.com/</a></p>	
<p><b>Nashville, TN (cont'd.)</b></p>	<p><b><u>Ryman Auditorium</u></b></p> <p>The Ryman Auditorium, home of the Grand Ole Opry from 1943 to 1974, is again being used to host performances of the famous radio show. Originally opened in 1892 as the Union Gospel Tabernacle, the Ryman - often referred to as the "Carnegie Hall of the South" - has been restored and now also features regular classical concert series, bluegrass shows, musical theater, and television tapings. The building also serves as a museum with a variety of exhibits relating to its rich past. Guided and self-guided tours are available, and be sure to try your hand at cutting a record of your own in the</p>	<p><b>Laura Proctor Kristi Arth Jim Catalano Dale Crow</b></p>

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	<p>Ryman's Recording Studio.  <a href="http://ryman.com/">http://ryman.com/</a></p> <p><b><u>The Belle Meade Plantation</u></b></p> <p>A short distance from the city center, the Belle Meade Plantation, built in 1845, is a handsome old Southern mansion in Greek-Revival style. During the two-day Civil War Battle of Nashville in 1864, Union and Confederate forces fought in the front yard of the mansion, and evidence of gunfire can still be seen in its massive stone columns. Guided tours are available, along with culinary experiences and other fun seasonal programs. The gardens and grounds of the mansion are also worth exploring and consist of a number of early 19th-century buildings.  <a href="http://www.bellemeadeplantation.com">www.bellemeadeplantation.com</a></p> <p><b><u>Fort Nashborough</u></b></p> <p>On the banks of the Cumberland River is a reconstruction of Fort Nashborough, established by pioneers in 1780 after James Robertson led them across the frozen Cumberland River. The original fort lasted until 1792, and the modern day reconstruction on the site of the original provides a fascinating insight into the life and times of these early settlers.  <a href="http://www.nashville.gov/Parks-and-Recreation/Historic-Sites/Fort-Nashborough.aspx">www.nashville.gov/Parks-and-Recreation/Historic-Sites/Fort-Nashborough.aspx</a></p> <p><b><u>Belmont Mansion</u></b></p> <p>Built in the 1850s, Belmont Mansion is considered one of the finest houses of its kind in the US, its 13 rooms preserving much of their original décor and furnishings. Belmont was designed in the style of an Italian villa and set in elaborate gardens with many outbuildings. It has numerous exhibits including furniture, paintings, and original statues by American artists. All visits are included as part of a guided tour.  <a href="http://www.belmontmansion.com">www.belmontmansion.com</a></p>	
<p><b>Nashville, TN (cont'd.)</b></p>	<p><b><u>Cheekwood Botanical Gardens and Museum of Art</u></b></p> <p>Cheekwood is well known for its lovely gardens and park-like setting. The Woodland Sculpture Trail has four greenhouses with camellias and orchids as well as a learning center with contemporary art galleries, and the city's Museum of Art is housed within the 1920s Georgian-style mansion, displaying a fine collection of American art from the 19th and 20th century. Nearby is the Tennessee Agricultural Museum with its collection of farm artifacts from the 19th and 20th centuries, as well as rural Tennessee prints and folk art sculptures.  <a href="http://www.cheekwood.org">www.cheekwood.org</a></p>	<p><b>Laura Proctor Kristi Arth Jim Catalano Dale Crow</b></p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
	<p><b><u>Travellers Rest Plantation</u></b></p> <p>Established in 1799 by John Overton, a law partner and presidential advisor to Andrew Jackson, Travellers Rest Plantation is an excellent example of the region's early architecture. The site of the Battle of Peach Orchard Hill during the Civil War, the plantation building now serves as a museum highlighting life in the early 19th century, as well as the region's history over the past 1,000 years, from its origins as a Native American settlement to its role in the Civil War. A variety of specialty tours are available, including lunch options.  <a href="http://www.travellersrestplantation.org">www.travellersrestplantation.org</a></p> <p><b><u>The Upper Room Chapel and Christian Art Museum</u></b></p> <p>The Upper Room Chapel is well known for its woodcarving of Leonardo da Vinci's The Last Supper, sculpted by Ernest Pellegrini and created by more than 50 woodworkers under his guidance over a period of 14 months. Other highlights include the huge 20 foot stained-glass window featuring Pentecost themes, and religious paintings from the 14th century to the present day.  <a href="http://www.chapel.upperroom.org/">www.chapel.upperroom.org/</a></p> <p><b><u>Radnor Lake</u></b></p> <p>Tucked away in the far reaches of town, Radnor Lake is not your average park: it's a woodsy retreat with no running, biking, pets or food allowed. Rather, people go here to spend quiet time with mother nature. The wide, unpaved trails are perfect for a peaceful stroll and some wildlife spotting - turkeys and deer are commonplace, as is the occasional river otter, beaver, mink, muskrat, bobcat or coyote. And keep your eyes peeled in summer as you may even see a rare bald eagle.  <a href="http://www.tnstateparks.com/parks/about/radnor-lake">www.tnstateparks.com/parks/about/radnor-lake</a></p>	
<p><b>Nashville, TN (cont'd.)</b></p>	<p><b><u>Centennial Park</u></b></p> <p>The biggest public park inside Nashville's city limits is where many of the city's tastiest food trucks congregate, fitness addicts hit the pavement of the interweaving trails, families meander in the greenways, and tourists gawk at the replica of the Parthenon. But in summer, it's also the stage for Shakespeare in the Park, which highlights a different play from the bard each season.  <a href="https://www.nashville.gov/Parks-and-Recreation/Parks/Centennial-Park.aspx">https://www.nashville.gov/Parks-and-Recreation/Parks/Centennial-Park.aspx</a></p> <p><b><u>Arrington Vineyards</u></b></p>	<p><b>Laura Proctor Kristi Arth Jim Catalano Dale Crow</b></p>



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	<p>Founded by Kix Brooks, Arrington Vineyards is located 25 minutes south of Nashville among the beautiful hills of Arrington, Tennessee.  <a href="http://www.arringtonvineyards.com/">www.arringtonvineyards.com/</a></p>	
<p><b>New Orleans, LA</b></p>	<p><b>Food, Music and Voodoo</b></p> <p><b><u>Walking Tour of the French Quarter</u></b></p> <p>Stroll along the Mississippi River, through the French Market and Jackson Square, and down the sidewalks of quaint streets dating back to the early 1700s. Local tour guide will explain the secrets of the French Quarter as we explore its architecture, courtyards, gardens, food, music, and art. Cost is \$26.  <a href="http://www.graylineneworleans.com/all/tours/french-quarter-tour">http://www.graylineneworleans.com/all/tours/french-quarter-tour</a></p> <p><b><u>The National WWII Museum (D-Day Museum)</u></b></p> <p>Multi-building museum with interactive submarine exhibit, planes, 4-D theater &amp; eatery downstairs.  <a href="http://www.nationalww2museum.org/">www.nationalww2museum.org/</a></p> <p><b><u>Jazz: Preservation Hall</u></b></p> <p>Storied institution for jazz; Historic, all-ages place for jazz in a no-frills space with wooden floors &amp; no air-conditioning.  <a href="https://www.preservationhall.com/">https://www.preservationhall.com/</a></p> <p><b><u>The Cabildo</u></b></p> <p>State museum in an 18<sup>th</sup>-century building; The Louisiana Purchase was signed in this 1790s landmark now housing a New Orleans history museum. Flanking Jackson Square in the heart of the French Quarter, the Cabildo was originally constructed in 1799  <a href="http://www.louisianastatemuseum.org/museums/the-cabildo/">http://www.louisianastatemuseum.org/museums/the-cabildo/</a></p>	<p><b>Pam Carter</b>  <b>Matt Bailey</b>  <b>Mark Neal</b>  <b>Marcus</b></p>
<p><b>New Orleans, LA (cont'd.)</b></p>	<p><b><u>New Orleans Museum of Art</u></b></p> <p>Extensive art exhibits in a grand space; More than 40,000 pieces by global artists of various historical periods in a grand marble building.  <a href="https://noma.org/">https://noma.org/</a></p> <p><b><u>Jean Lafitte National Historical Park and Preserve</u></b></p> <p>Wetlands, boat tours &amp; historic sites; Park with a vast wetland area with boat tours, plus a battlefield, cemetery &amp; cultural centers.  <a href="https://www.nps.gov/jela/index.htm">https://www.nps.gov/jela/index.htm</a></p>	<p><b>Pam Carter</b>  <b>Matt Bailey</b>  <b>Mark Neal</b>  <b>Marcus</b></p>

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	<p><b><u>Saint Louis Cemetery</u></b> Burial site with above-ground tombs; Occasional tours are offered of this historic Catholic cemetery with above-ground vaults. <a href="http://nolacatholiccemeteries.org/st-louis-cemetery-1">http://nolacatholiccemeteries.org/st-louis-cemetery-1</a> or <a href="http://nolacatholiccemeteries.org/st-louis-cemetery-2">http://nolacatholiccemeteries.org/st-louis-cemetery-2</a></p> <p><b><u>1850 House</u></b> 19th-century rowhouse with period décor; Self-guided tours of an antebellum townhouse with 1800s furniture &amp; everyday objects on display. <a href="http://louisianastatemuseum.org/museums/1850-house/">http://louisianastatemuseum.org/museums/1850-house/</a></p> <p><b><u>Hermann-Grima House</u></b> Museum in a former 1831 manor house; 19th-century house museum with period furnishings, a stable &amp; a functional 1830s outdoor kitchen. <a href="http://www.hgghh.org/">http://www.hgghh.org/</a></p> <p><b><u>Old Ursuline Convent</u></b> Historic former French colonial convent; This ex-convent is the city's oldest building &amp; features French colonial architecture. <a href="https://www.oldursulineconventmuseum.com/">https://www.oldursulineconventmuseum.com/</a></p> <p><b><u>Confederate Memorial Hall</u></b> Civil War museum around since 1891; Elaborate stone building housing the second-largest collection of Civil War artifacts in the world. <a href="http://confederatemuseum.com/">http://confederatemuseum.com/</a></p>	
<p><b>New Orleans, LA (cont'd.)</b></p>	<p><b><u>Gallier House</u></b> Lavish, furnished 19th-century home; Built in 1857, this opulent, furnished house provides a glimpse into the life of an affluent family. <a href="http://www.hgghh.org/">http://www.hgghh.org/</a></p> <p><b><u>Pitot House</u></b> Restored 1799 plantation home &amp; museum; West Indies–style plantation home built in 1799 &amp; occupied by first city mayor, now open for tours. <a href="http://www.louisianalandmarks.org/visit-pitot-house">http://www.louisianalandmarks.org/visit-pitot-house</a></p> <p><b><u>Lafitte's Blacksmith Shop</u></b></p>	<p><b>Pam Carter</b> <b>Matt Bailey</b> <b>Mark Neal</b> <b>Marcus</b></p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
	<p>Lafitte's Blacksmith Shop is a historic building at corner of Bourbon Street and St. Philip Street in the French Quarter of New Orleans, Louisiana. Constructed in the French/Spanish colony during the early 18<sup>th</sup> century, it is one of the oldest surviving structures in New Orleans and has been called the oldest structure in the U.S. housing a bar.  <a href="http://www.lafittesblacksmithshop.com/AboutUs.html">http://www.lafittesblacksmithshop.com/AboutUs.html</a></p> <p><b><u>Café du Monde</u></b>            Legendary New Orleans coffeehouse; iconic New Orleans café known for cafés au lait, chicory coffee &amp; beignets since 1862.  <a href="http://www.cafedumonde.com/">http://www.cafedumonde.com/</a></p> <p><b><u>New Orleans Historic Voodoo Museum</u></b>            Two snug rooms packed with voodoo artifacts, plus a gift shop, both run by voodoo practitioners.  <a href="http://www.voodooomuseum.com/">http://www.voodooomuseum.com/</a></p> <p><b><u>Swamp Tours</u></b>            The Louisiana bayous hold a special place in New Orleans locals' hearts. Stretching from Houston to Mobile, Alabama, the Bayou Country played a crucial role in the development of the United States in terms of communication and transportation. In fact, there would be no New Orleans without the bayous, so you owe it to yourself to take a swamp tour. A mix of saltwater and freshwater, the bayous are home to crawfish, shrimp, snakes, alligators and crocodiles. Multiple tour companies, such as Cajun Encounters, Airboat Adventures and Cajun Pride Swamp Tours, offer different kinds of boat tours of the Louisiana swamps. And if you're feeling brave — and don't mind being extra close to the alligators — you can always go on a kayak tour through New Orleans Kayak Swamp Tours.  <a href="http://www.cajunencounters.com/">http://www.cajunencounters.com/</a>  <a href="http://www.airboatadventures.com/">http://www.airboatadventures.com/</a>  <a href="http://www.cajunprideswamptours.com/">http://www.cajunprideswamptours.com/</a>  <a href="https://neworleanskayakswamptours.com/">https://neworleanskayakswamptours.com/</a></p>	
<p><b>New Orleans, LA (cont'd.)</b></p>	<p><b><u>Chalmette Battlefield - Jean Lafitte National Park</u></b>            Just downriver from New Orleans in Chalmette is the site of the January 8, 1815, Battle of New Orleans: Chalmette Battlefield. Many people believe that this last great battle of the War of 1812 between the United States and Britain was unnecessary, since the treaty ending the war was signed in late 1814, but the war was not over. The resounding American victory at the Battle of New Orleans soon became a symbol of a new idea: American democracy triumphing over the old European ideas of aristocracy and entitlement. General Andrew Jackson's hastily assembled army had won the day against a battle-hardened and numerically superior British force. Americans took great pride in the victory and for decades celebrated January 8 as a national holiday, just like the Fourth of July.  <a href="https://www.nps.gov/jela/chalmette-battlefield.htm">https://www.nps.gov/jela/chalmette-battlefield.htm</a></p>	<p><b>Pam Carter</b>  <b>Matt Bailey</b>  <b>Mark Neal</b></p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
New York, NY	<p><b><u>Central Park</u></b>  Central Park is an urban park in Manhattan, New York City. Central Park is the most visited urban park in the United States, with 40 million visitors in 2013.  <a href="http://www.centralparknyc.org/">www.centralparknyc.org/</a></p> <p><b><u>The High Line</u></b>  The High Line is a public park built on a historic freight rail line elevated above the streets on Manhattan’s West Side. It runs from Gansevoort Street in the Meatpacking District to West 34th Street, between 10th and 12th Avenues.  <a href="http://www.thehighline.org/">www.thehighline.org/</a></p> <p><b><u>Brooklyn Bridge</u></b>  Linking the borough of Brooklyn with Manhattan, the Brooklyn Bridge stands as a marvel of engineering. The Brooklyn Bridge looms majestically over New York City’s East River, linking the two boroughs of Manhattan and Brooklyn.  <a href="http://www.freetoursbyfoot.com/walking-the-brooklyn-bridge/">www.freetoursbyfoot.com/walking-the-brooklyn-bridge/</a></p> <p><b><u>National September 11 Memorial &amp; Museum</u></b>  The National September 11 Memorial &amp; Museum (also known as the 9/11 Memorial and 9/11 Memorial Museum) are the principal memorial and museum, respectively. They commemorate the September 11, 2001 attacks, which killed 2,977 victims, and the World Trade Center bombing of 1993, which killed six. The memorial is located at the World Trade Center site, the former location of the Twin Towers, which were destroyed during the September 11 attacks.  <a href="https://www.911memorial.org/">https://www.911memorial.org/</a></p>	Kelly Jones Gail Rogers Dan Gerber
New York, NY (cont’d.)	<p><b><u>Broadway Play/Times Square</u></b>  Some say that Times Square is like a five-block metaphor for New York City itself — it’s exciting, colorful and always jumping. Some out-of-towners spend their entire New York trip at one show or another on the Broadway circuit.  <a href="https://www.broadway.org/shows">https://www.broadway.org/shows</a></p> <p><b><u>Metropolitan Museum of Art</u></b>  No museum in the United States is as celebrated as the Metropolitan Museum of Art. It is the largest art museum in the United States, and is among the most visited art museums in the world. Its permanent collection contains over two million works. The permanent collection consists of works of art from classical antiquity and ancient Egypt, paintings and sculptures from nearly all the European masters, and an extensive collection of American and modern art. The Met maintains extensive holdings of African, Asian, Oceanian, Byzantine, Indian, and Islamic art. The museum is home to encyclopedic collections of</p>	Kelly Jones Gail Rogers Dan Gerber

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
	<p>musical instruments, costumes and accessories, as well as antique weapons and armor from around the world.  <a href="http://www.metmuseum.org/">www.metmuseum.org/</a></p> <p><b><u>American Museum of Natural History</u></b></p> <p>The American Museum of Natural History located on the Upper West Side of Manhattan is one of the largest museums in the world. Located in park-like grounds across the street from Central Park, the museum complex comprises 28 interconnected buildings housing 45 permanent exhibition halls, in addition to a planetarium and a library. The museum collections contain over 33 million specimens of plants, animals, fossils, minerals, rocks, meteorites, human remains, and human cultural artifacts, of which only a small fraction can be displayed at any given time, and occupies more than 2,000,000 square feet.  <a href="http://www.amnh.org/">www.amnh.org/</a></p> <p><b><u>Empire State Building</u></b></p> <p>New York City Tourist 101 dictates that you must swing by this landmark structure in midtown Manhattan. Located in the center of Midtown Manhattan, our 86th and 102nd floor observatories provide unforgettable 360° views of New York City and beyond.  <a href="http://www.esbnyc.com/">www.esbnyc.com/</a></p> <p><b><u>Statue of Liberty</u></b></p> <p>This brightly shining beacon draws visitors year-round. "The Statue of Liberty Enlightening the World" was a gift of friendship from the people of France to the United States and is recognized as a universal symbol of freedom and democracy. The Statue of Liberty was dedicated on October 28, 1886.  <a href="https://www.nps.gov/stli">https://www.nps.gov/stli</a></p>	
<p><b>New York, NY (cont'd.)</b></p>	<p><b><u>Grand Central Terminal</u></b></p> <p>At this beautiful train station, you can eat some lunch, or shop till you drop, but recent travelers most enjoyed just taking in the scenery. Grand Central Terminal is a commuter, rapid transit (and former intercity) railroad terminal at 42nd Street and Park Avenue in Midtown Manhattan.  <a href="http://www.grandcentralterminal.com/">www.grandcentralterminal.com/</a></p> <p><b><u>Museum of Modern Art</u></b></p> <p>The Museum of Modern Art is an art museum located in Midtown Manhattan in New York City, on 53rd Street between Fifth and Sixth Avenues. MoMA has been important in developing and collecting modernist art, and is often identified as one of the largest and most influential museums of modern art in the world. MoMA's collection offers an overview of modern and contemporary art, including works of architecture and design, drawing, painting, sculpture, photography, prints, illustrated books and artist's books, film, and electronic media.  <a href="https://www.moma.org/">https://www.moma.org/</a></p>	<p><b>Kelly Jones Gail Rogers Dan Gerber</b></p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
	<p><b><u>New York Public Library</u></b>  The New York Public Library (NYPL) is a public library system in New York City. With nearly 53 million items, the New York Public Library is the second largest public library in the United States (behind the Library of Congress), and fourth largest in the world.  <a href="https://www.nypl.org/">https://www.nypl.org/</a></p> <p><b><u>Fifth Avenue</u></b>  Fifth Avenue is a major thoroughfare going through the borough of Manhattan in New York City, United States. It stretches from West 143rd Street in Harlem to Washington Square North at Washington Square Park in Greenwich Village. It is considered among the most expensive and best shopping streets in the world.  <a href="http://www.visit5thavenue.com/">www.visit5thavenue.com/</a></p> <p><b><u>Ellis Island</u></b>  Ellis Island, in Upper New York Bay, was the gateway for over 12 million immigrants to the United States as the nation's busiest immigrant inspection station for over sixty years from 1892 until 1954.  <a href="https://www.nps.gov/elis/">https://www.nps.gov/elis/</a></p> <p><b><u>Radio City Music Hall</u></b>  Radio City Music Hall is an entertainment venue located in Rockefeller Center in New York City. Its nickname is the Showplace of the Nation, and it was for a time the leading tourist destination in the city. Its interior was declared a city landmark in 1978. It is notable as being the headquarters for the precision dance company, the Rockettes.  <a href="http://www.radiocity.com/">www.radiocity.com/</a></p>	
<p><b>New York, NY (cont'd.)</b></p>	<p><b><u>Rockefeller Center and Top of the Rock Observation Deck</u></b>  This iconic plaza has it all — beautiful sculptures, an enormous skating rink, a fishbowl view of NBC Studios, plus hordes of stores. Soar 70 floors high and experience unobstructed 360° city views from Top of the Rock at Rockefeller Center.  <a href="https://www.rockefellercenter.com/attractions/top-of-the-rock-observation-deck/">https://www.rockefellercenter.com/attractions/top-of-the-rock-observation-deck/</a></p> <p><b><u>Lower East Side Tenement Museum</u></b>  The Tenement Museum preserves and interprets the history of immigration through the personal experiences of the generations of newcomers who settled in and built lives on Manhattan's Lower East Side, America's iconic immigrant neighborhood; forges emotional connections between visitors and immigrants past and present; and enhances appreciation for the profound role immigration has played and continues to play in shaping America's evolving national identity.  <a href="http://www.tenement.org/">www.tenement.org/</a></p>	<p><b>Kelly Jones Gail Rogers Dan Gerber</b></p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
Phoenix, AZ	<p><b><u>Joya Spa</u></b> Relax and unwind at the luxurious Joya Spa, open daily from 8:30 a.m. – 7:00 p.m. Any service booked includes access to the spa’s locker room amenities including sauna, steam room, Jacuzzi, and lounges, as well as the fitness center and pool from 8:30 am-7:00 pm. The spa’s private pool serves food and beverages from 11:00 am-5:00 pm. To make a reservation, call (480) 627-3020. <a href="https://www.omnihotels.com/hotels/scottsdale-montelucia/spa">https://www.omnihotels.com/hotels/scottsdale-montelucia/spa</a></p> <p><b><u>Camelback Golf Club</u></b> With 36 holes of championship golf, Camelback Golf Club in Scottsdale, Arizona, offers one of the most spectacular golf experiences in the Southwest – just as you would expect at one of the country’s most decorated resorts. <a href="http://www.marriott.com/golf-hotels/phxcb-jw-marriott-scottsdale-camelback-inn-resort-and-spa/camelback-golf-club/5256759/home-page.mi">http://www.marriott.com/golf-hotels/phxcb-jw-marriott-scottsdale-camelback-inn-resort-and-spa/camelback-golf-club/5256759/home-page.mi</a></p> <p><b><u>Grayhawk Golf Club</u></b> Grayhawk Golf Club boasts the scenery of Pinnacle Peak, the McDowell Mountains and the Sonoran Desert. <a href="https://grayhawkgolf.com/">https://grayhawkgolf.com/</a></p> <p><b><u>Scottsdale Fashion Square</u></b> Scottsdale Fashion Square is an upscale, super-regional luxury shopping mall located in Scottsdale, Arizona. It is the largest shopping mall in Arizona and the American Southwest. <a href="http://www.fashionsquare.com/">http://www.fashionsquare.com/</a></p>	<p><b>Patrick Paul</b> <b>Lori Berke</b> <b>Barry Markson</b></p>
Phoenix, AZ (cont’d.)	<p><b><u>Desert Botanical Garden</u></b> 140-acre botanical garden located in Papago Park, Phoenix, Arizona. Open Daily 8 A.M. - 8 P.M. <a href="https://www.dbg.org/">https://www.dbg.org/</a></p> <p><b><u>Phoenix Art Museum</u></b> An institution of exciting art and learning since 1959, Phoenix Art Museum is the largest art museum in the southwestern United States, providing access to art from all over the world to the people of Arizona. Hours: Friday &amp; Saturday – 10 a.m. - 5 p.m. Please check pricing and exhibit schedule online. <a href="http://www.phxart.org/">http://www.phxart.org/</a></p> <p><b><u>Scottsdale Museum of Contemporary Art</u></b> The Scottsdale Museum of Contemporary Art (SMoCA) is an educational institution dedicated to presenting exhibitions of contemporary and modern art, architecture and design. Hours: Friday &amp; Saturday 12 p.m. – 9 p.m. Admission: \$7 Adults, Free after 5:00p Fri and Sat.</p>	<p><b>Patrick Paul</b> <b>Lori Berke</b> <b>Barry Markson</b></p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
	<p><a href="https://smoca.org/">https://smoca.org/</a></p> <p><b><u>Pueblo Grande Museum and Archaeological Park</u></b></p> <p>Located just minutes from downtown Phoenix, Pueblo Grande Museum is located on a 1,500 year old archaeological site left by the Hohokam culture. Easily accessible by the Sky Train and the Light Rail, the museum is open 7 days a week October through April. Museum hours: Monday to Saturday 9 a.m. to 4:45 p.m., Sunday 1 p.m. to 4:45 p.m. Ruin Trail - Closes at 4:30 p.m. daily.  <a href="https://www.phoenix.gov/parks/arts-culture-history/pueblo-grande/">https://www.phoenix.gov/parks/arts-culture-history/pueblo-grande/</a></p> <p><b><u>Downtown Scottsdale Trolley</u></b></p> <p>The Downtown Scottsdale Trolley offers an easy way to explore the city, with stops every 15 minutes. The service is available year round from 11:00 a.m. – 6:00 p.m. daily and extended hours on Thursday from 11:00 a.m. – 9:00 p.m. The trolley will pick you up at the Omni hotel and take you to the Fashion Square Mall.  <a href="http://www.scottsdaleaz.gov/trolley">http://www.scottsdaleaz.gov/trolley</a></p> <p><b><u>Taliesin West – Frank Lloyd Wright Foundation Headquarters</u></b></p> <p>Tour Frank Lloyd Wright’s desert masterpiece, Taliesin West! It is a national historic landmark located on the beautiful desert foothills outside of Scottsdale. Information about tours can be found at:  <a href="http://www.franklloydwright.org/taliesin-west/tickets-and-tours.html">http://www.franklloydwright.org/taliesin-west/tickets-and-tours.html</a></p>	
<p><b>Phoenix, AZ (cont’d.)</b></p>	<p><b><u>Cosanti in Paradise Valley</u></b></p> <p>Visit the gorgeous residence and sculpture studio of Paolo Soleri. Cosanti is designated as an Arizona Historical Site and it touted for its unique bio-climate architectural environment. Soleri was famous for his hand-poured bronze Windbells, which would make a fantastic souvenir of your time in Scottsdale! The studios are open for self-guided tours Monday through Saturday from 9:00-5:00, and on Sundays from 11:00-5:00. For information on a guided group tour, please contact the gallery at 480-948-6145.  <a href="https://www.cosanti.com/">https://www.cosanti.com/</a></p> <p><b><u>Horseback Riding - Fort McDowell Adventures</u></b></p> <p>Located in Fort McDowell, Arizona. If your visit to the desert has you itching to test out your cowgirl skills, check out the horseback rides that are available at Fort McDowell Adventures! These stables offer rides for all levels Monday-Saturday, sunrise to sunset. The ride takes you through the property’s 25,000 acres of stunning open desert and through the Verde River. It’s common for riders to see roadrunners, cactus, and hawks, and maybe even a wild mustang. But best of all, it brings you some much needed peace and quiet! For more information, call the stables at 480-816-6465, ext. 2</p>	<p><b>Patrick Paul Lori Berke Barry Markson</b></p>



CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
	<a href="http://www.fortmcdowelladventures.com/about-our-venues/horseback-riding/horseback-riding/">http://www.fortmcdowelladventures.com/about-our-venues/horseback-riding/horseback-riding/</a>	
Portland, OR	<p><b><u>Washington Park</u></b></p> <p>Washington Park contains a number of tourist attractions, including the famed International Rose Test Garden, a zoo, and museums. A one-time wild land first purchased by the city in 1871, it is located to the west of the city center. The well-known International Rose Test Garden is where new varieties of roses are grown. In the city's mild climate, roses continue to flower into autumn, though visitors can catch an annual Rose Festival in May and June. Another escape, the Portland Japanese Garden, is one of the largest outside Japan and is landscaped on the grounds of an old zoo.</p> <p><a href="http://www.explorewashingtonpark.org/">www.explorewashingtonpark.org/</a></p> <p><b><u>Pittock Mansion</u></b></p> <p>Just west of downtown Portland, this grand home was built in 1914 by Henry Pittock, founder of the Oregonian newspaper. Pittock lived here for only five years until his death in 1919 at the age of 80. The house, set for demolition in the 1960s, brought the community together as they persuaded the City of Portland to purchase the home. Through private fundraising the mansion was restored to its full glory, and it is because of the forward thinking of local residents that visitors have a chance to tour this impressive and eclectic home today. The home is set on 46 acres and at an elevation 1,000 feet above Portland. This allows for exceptional views of the city on clear days. The house is mid-way between Washington Park, Hoyt Arboretum, and the many trails of expansive Forest Park.</p> <p><a href="http://pittockmansion.org/">http://pittockmansion.org/</a></p>	<p><b>Anne Talcott</b></p> <p><b>Jeanne Loftis</b></p>
Portland, OR (cont'd.)	<p><b><u>International Rose Test Garden</u></b></p> <p>The Rose Test Garden in Portland's Washington Park was founded in 1917 and is the oldest continuously operated public rose test garden in the United States. Developing new rose varieties and even miniatures, the grounds are divided up into several sections with many interesting plants and spaces to explore. It's best to visit during the late spring bloom. Another lovely Portland rose garden - Peninsula Park Rose Garden - is set in a sunken landscape on the other side of the river.</p> <p><a href="http://www.rosegardenstore.org/international-rose-test-garden.cfm">http://www.rosegardenstore.org/international-rose-test-garden.cfm</a></p> <p><b><u>Waterfront Park</u></b></p> <p>Waterfront Park lines the west bank of the Willamette. The parklands and its riverfront trails start at the Portland Steel Bridge in the north. Continuing south along the river, it passes Skidmore Fountain where a colorful Saturday market is held. Further sightseeing near the park includes the Oregon Maritime Museum, fittingly housed in the sternwheeler Portland, and boats that offer dinner cruises along the waterway.</p> <p><a href="https://www.travelportland.com/directory/tom-mccall-waterfront-park/">https://www.travelportland.com/directory/tom-mccall-waterfront-park/</a></p> <p><b><u>Powell's City of Books</u></b></p> <p>Bibliophiles will love exploring more than a million books at this legendary used bookstore. Shelves</p>	<p><b>Anne Talcott</b></p> <p><b>Jeanne Loftis</b></p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
	<p>mix new titles with used copies for a slightly haphazard but welcoming feel. This shop on Burnside is one of a number of the independent chain's locations in Portland.  <a href="http://www.powells.com/">http://www.powells.com/</a></p> <p><b><u>Portland Japanese Garden</u></b>  Portland's Japanese Garden is located on the grounds of an old zoo. Though covering an area less than six acres, the gardens are so beautifully laid out in a variety of styles that they offer a uniquely peaceful environment for visitors. Garden spaces include the picture-like Flat Garden, the Strolling Pond Garden, and the zen-focused Sand and Stone Garden, among others. There's also a lovely ceremonial teahouse.  <a href="http://japanesegarden.com/">http://japanesegarden.com/</a></p> <p><b><u>Portland Art Museum</u></b>  The seventh oldest museum in the United States, the Portland Art Museum was founded in 1892 and has since amassed a substantial and varied collection. The number of items exceeds 42,000 and only a small portion is displayed in more than 112,000 square feet of gallery space. Highlights include Native American artifacts, graphic arts, English silver, Asian art, photography, and Northwest art. One of the Portland Art Museum's most notable pieces is Vincent Van Gogh's Cart with Black Ox. Also part of the museum is the Northwest Film Center School of Art and the visual-arts focused Crumpacker Family Library.  <a href="http://portlandartmuseum.org/">http://portlandartmuseum.org/</a></p>	
<b>Portland, OR (cont'd.)</b>	<p><b><u>Lan Su Chinese Garden</u></b>  The Lan Su Chinese Garden opened in the year 2000 to shed light on Chinese culture and history after the city developed a relationship with its sister city of Suzhou, China. This tranquil environment blends rocks, plants, trees, gardens, and a lake on about 40,000 square feet, roughly a city block, of land in central Portland. Artisans came from Suzhou to construct traditional buildings and walkways, and native Chinese plants were imported. Completing the garden is a lovely tea house.  <a href="http://www.lansugarden.org/">http://www.lansugarden.org/</a></p> <p><b><u>Crystal Springs Rhododendron Garden</u></b>  Beyond the Pacific Northwest's rhododendrons, this Portland garden also contains azaleas, Japanese maples, dogwood, and magnolias on almost ten acres of land. While the main attraction is, of course, the spring blooms, when the colors are simply incredible, the spectacle continues into early summer. In winter, admission is free and the garden becomes a more peaceful place to spend some time. The many lovely features include waterfalls and ponds along with many coniferous trees.  <a href="http://www.crystalspringsgarden.org/">www.crystalspringsgarden.org/</a></p>	<b>Anne Talcott Jeanne Loftis</b>
<b>San Diego, CA</b>	<b><u>San Diego Beaches</u></b>	<b>Robert W. Harrison</b>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
	<p>With 17 miles of coastline and 4,600 acres around Mission Bay Park, San Diego offers a wide variety of beaches and amenities. San Diego Lifeguards patrol the beaches from nine permanent lifeguard stations (Ocean Beach, South Mission Beach, Mission Beach, North Pacific Beach, Pacific Beach, Children's Pool, La Jolla Cove, La Jolla Shores, Black's Beach) and dozens of seasonal stations during the summer.</p> <p><a href="https://www.sandiego.gov/lifeguards/beaches">https://www.sandiego.gov/lifeguards/beaches</a></p> <p><b><u>Coronado Island</u></b></p> <p>"Where main street meets bare feet." Situated just across the bay from downtown San Diego, Coronado is consistently voted best beach in the U.S. by Dr. Beach. With gentle surf, sparkling wide-sand beaches, charming main street and great hotels, including the famous Hotel del Coronado, this island paradise is perfect for a family vacation or romantic getaway.</p> <p>Coronado's coastline offers wide sandy beaches with sparkling sand, courtesy of the mineral Mica, that draw visitors from around the world. With its elegant gardens, old-world mansions, quaint shops, and oceanfront dining with spectacular sunset views, no wonder this charmed small town has been dubbed "The Crown City," as Coronado means "the crowned one" in Spanish.</p> <p><a href="https://www.sandiego.org/explore/coastal/coronado.aspx">https://www.sandiego.org/explore/coastal/coronado.aspx</a></p>	
<p><b>San Diego, CA (cont'd.)</b></p>	<p><b><u>Hotel Del Coronado</u></b></p> <p>DISCOVER THE WONDER OF INDELIBLE EXPERIENCES AT HOTEL DEL CORONADO.</p> <p>Hotel del Coronado is an iconic destination at the Pacific's edge just minutes from downtown San Diego. Its Coronado Island setting captures the relaxed beauty and seaside charms of the quintessential Southern California coastal lifestyle.</p> <p>The majestic Hotel del Coronado is an adventurous world all its own, where beach-lovers from near and far write their fondest stories on our glittering sands.</p> <p><a href="http://www.hoteldel.com">www.hoteldel.com</a></p> <p><b><u>Gaslamp Quarter</u></b> (right near convention center)</p> <p>Welcome to the Gaslamp Quarter - the Historic Heart of San Diego!</p> <p>As the West Coast's premier entertainment district, guests can immerse themselves in our rich Victorian architecture and history, dine with world-renowned chefs, and dance the night away at nationally-recognized nightlife venues. Tucked tightly into 16 ½ blocks, the Gaslamp Quarter is a walkable urban playground located in Downtown San Diego adjacent to the Convention Center, Petco Park, and Horton Plaza. And getting here is as easy as a Southern California breeze. The Gaslamp area is accessible via the freeway and several trolley and bus lines. We invite you to</p>	<p><b>Robert W. Harrison</b></p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
	<p>explore the district for yourself and find out what makes it unforgettable!  <a href="http://www.gaslamp.org/">www.gaslamp.org/</a></p> <p><b><u>San Diego Zoo Safari Park</u></b></p> <p>Step into an adventure like no other at the San Diego Zoo Safari Park! Your exciting safari experience includes seeing herds of rhinos, giraffes, antelope, zebras, and more roaming natural habitats, a choice of guided safari expeditions, and beautiful walking trails to see exotic animals. Come experience the excitement of getting up close and personal with rare Sumatran tigers at Tiger Trail, the Safari Park's newest experience!  <a href="http://sdzsafaripark.org/">http://sdzsafaripark.org/</a></p> <p><b><u>San Diego Harbor</u></b></p> <p>Downtown San Diego begins at the waterfront, with the Embarcadero Parks and tall-masted monuments to her sailing history. The Maritime Museum is easy to spot with the famous Star of India, and the USS Midway offers a snapshot of San Diego's long Naval history. The Gaslamp District with its Victorian architecture and turn-of-the-century ambiance, is now wonderfully revitalized and plays host to numerous restaurants, boutique shopping and a thriving nightlife.  <a href="http://www.sandiegosuncoast.com/cities/downtown-san-diego">www.sandiegosuncoast.com/cities/downtown-san-diego</a></p>	
<p><b>San Diego, CA (cont'd.)</b></p>	<p><b><u>Sea World</u></b></p> <p>Enjoy a one-of-a-kind family experience at SeaWorld® San Diego, with awe inspiring animal encounters, thrilling rides, and amazing shows. Ideally located on nearly 200 acres in Mission Bay, SeaWorld San Diego is an ocean adventure unlike any other. Our park is about animals, exciting rides and family-friendly entertainment. From the rush of the ray on our Manta roller coaster to the awe-inspiring and playful dolphins in our Dolphin Days show, there is something for everyone at SeaWorld San Diego-a real, amazing adventure.  <a href="https://seaworld.com/san-diego/">https://seaworld.com/san-diego/</a></p> <p><b><u>Water Adventures with San Diego Bay Rentals and Tours</u></b></p> <p>The San Diego Bay is full of amazing sights, attractions, and restaurants. San Diego Bay Adventures provides Jet Ski Rentals &amp; Tours as well as Paddle Boarding and Kayaks that are perfect for any visitor or local San Diegan. We enjoy showing you the best of San Diego Bay and Coronado including:</p> <ul style="list-style-type: none"> <li>Hollywood Movie Ships</li> <li>Aircraft Carriers</li> <li>Famous Life Magazine Kissing Statue</li> <li>Nuclear Submarine Base</li> <li>US Navy Seal Team Training Facility</li> <li>Navy Dolphin &amp; Sea Lions</li> <li>Beautiful Waterfront Downtown</li> </ul>	<p><b>Robert W. Harrison</b></p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
	<p>Monster Active Navy Ships  <a href="https://sdbayadventures.com/">https://sdbayadventures.com/</a></p> <p><b><u>Legoland</u></b></p> <p>LEGOLAND® California Resort includes LEGOLAND California, SEA LIFE® Aquarium, LEGOLAND Water Park and LEGOLAND Hotel. All are geared for families with children between the ages of 2 and 12.</p> <p>At LEGOLAND California, you'll find more than 60 rides, shows and attractions including LEGO® Star Wars™ Miniland Model Display, Pirate Reef and LEGO Legends of Chima Water Park presented by Cartoon Network. New this year is the LEGO Star Wars™ Miniland Death Star Model Display and LEGO Heartlake City where guests can meet the five LEGO Friends in person, build a LEGO horse or ride Mia's Carousel.</p> <p>SEA LIFE Aquarium is home to more than 5,000 living creatures and incorporates LEGO models into a child's voyage to the depths of the ocean featuring play zones, fun facts and quiz trails.</p> <p>LEGOLAND Water Park features more than seven slides, sandy beaches and the unique Build-A-Raft River.  <a href="https://www.legoland.com/california/">https://www.legoland.com/california/</a></p>	
<p><b>San Diego, CA (cont'd.)</b></p>	<p><b><u>Knott's Berry Farm</u></b></p> <p>For nearly one hundred years, Knott's Berry Farm has been drawing fans from all over. What started as a small family farm soon grew into a world famous destination thanks to Mrs. Knott's legendary fried chicken dinners, boysenberries and an Old West Ghost Town. Since then, the once small family farm has grown into today's 160-acre family fun destination; home to the Knott's Berry Farm theme park, Knott's Soak City Waterpark and Knott's Berry Farm Hotel.  <a href="https://www.knotts.com/">https://www.knotts.com/</a></p> <p><b><u>Old Town Trolley</u></b></p> <p>Our fleet of orange and green trolleys travel frequently throughout San Diego and over the iconic San Diego-Coronado Bridge to Coronado on a continuous 25-mile loop visiting 10 neighborhoods with 10 destination stops.</p> <p>Our friendly conductors narrate the San Diego tour with a fascinating and fun mix of trivia and humorous stories. It will be our pleasure to guide you through the birthplace of California. As a San Diego resident, I assure you that Old Town Trolley Tours is the best way to see the city. Because we showcase the best of San Diego and Coronado, you can avoid costly parking and city driving. The tour is also designed so that you can hop on and off and explore on your own at any time. With frequent pickups at all our stops, this helps you avoid walking long distances.</p>	<p><b>Robert W. Harrison</b></p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
	<p><a href="http://www.trolleytours.com/">www.trolleytours.com/</a></p> <p><b><u>USS Midway Museum</u></b></p> <p>Imagine experiencing life at sea aboard one of America’s longest-serving aircraft carriers. Visitors to the USS Midway Museum enter a floating city at sea and walk in the footsteps of 225,000 Midway sailors who served our country and upheld the American ideals of strength, freedom and peace.</p> <p>The USS Midway Museum is an unforgettable adventure for the entire family. Guests can spend the day exploring more than 60 exhibits with a collection of 29 restored aircraft. The self-guided audio tour, narrated by Midway sailors, brings the carrier's history to life. Those who dare can "take to the sky" aboard one of two flight simulators.</p> <p><a href="http://www.midway.org/">http://www.midway.org/</a></p>	
<p><b>San Diego, CA (cont'd.)</b></p>	<p><b><u>San Diego Air and Space Museum</u></b></p> <p>Aviation history is truly a remarkable story, and it all unfolds at the San Diego Air &amp; Space Museum. Your journey through the history of flight begins as you stand beneath a model of the Montgolfier brothers’ hot air balloon of 1783 - the first manned vehicle in recorded history to break the bonds of gravity and lift humans above the Earth.</p> <p>Rare specimens of aircraft suggest the excitement of air combat in the World War I Gallery. Marvel at the entertaining and dangerous antics of the barnstormers of the 1920s in the Golden Age of Flight Gallery.</p> <p>Mint condition aircraft in a mint condition museum - a Spitfire Mk. XVI, a Navy F6F Hellcat and an A-4 Skyhawk jet - these beautifully restored airplanes help you appreciate the increasingly complex technology represented in the classic military aircraft of World War II, Korea and Vietnam.</p> <p>The Museum’s display of space age technology, like the desire to journey to the stars, may never be finished, for it represents an adventure which the human race has truly just begun.</p> <p><a href="http://sandiegoairandspace.org/">http://sandiegoairandspace.org/</a></p> <p><b><u>San Diego Natural History Museum</u></b></p> <p>The real world: it sure can be real interesting. Explore the natural history of Southern California—from past to present—at the San Diego Natural History Museum (theNAT). From rattlesnakes and flesh-eating beetles, to dinosaurs and fossils, to a pendulum that proves the earth is spinning, there’s something for everyone at theNAT. Visitors will be impressed by the unique, interactive exhibitions</p>	<p><b>Robert W. Harrison</b></p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
	<p>that span across five floors. The museum features a giant-screen theater with daily showings of 2D and 3D films, as well as rotating exhibitions that bring nature to life.</p> <p>Permanent offerings include Fossil Mysteries and Coast to Cactus in Southern California, which together serve as a walk through the region’s prehistoric past and biological present. You’ll travel through a period of 75 million years—from the time of dinosaurs to present day—along the way learning all about this amazing place we call home. Skulls features 200 of the most fascinating animal skulls from the museum’s collection, and Extraordinary Ideas from Ordinary People: A History of Citizen Science invites visitors to explore treasures from its Research Library, including rare books, artwork, and historical documents displayed alongside plant and animal specimens. Nature enthusiasts can also enjoy fun adult and family programs, including interesting talks and free guided hikes.</p> <p><a href="http://www.sdnhm.org/">www.sdnhm.org/</a></p>	
<p><b>San Diego, CA (cont’d.)</b></p>	<p><b><u>Fleet Science Center</u></b></p> <p>The Fleet Science Center connects people of all ages to the possibilities and power of science to create a better future.</p> <p>At the science center, you can explore and investigate more than 100 interactive exhibits that pique your curiosity and become immersed in an IMAX film adventure that shows the wonders of the planet—and beyond—in the Eugene Heikoff and Marilyn Jacobs Heikoff Giant Dome Theater. For young science enthusiasts, the Fleet hosts school field trips, science workshops and educational camps.</p> <p><a href="http://www.rhfleet.org/">http://www.rhfleet.org/</a></p> <p><b><u>San Diego Museum of Art</u></b></p> <p>Providing a rich and diverse cultural experience, The San Diego Museum of Art houses the world’s finest art in America’s Finest City. Located in the heart of Balboa Park, the museum’s nationally renowned collections include Spanish and Italian old masters, South Asian paintings including the Edwin Binney 3rd Collection of Indian paintings, and 19th and 20th century American paintings and sculptures. At The San Diego Museum of Art, exhibition text is always in English and Spanish.</p> <p>Admission is always free for visitors ages 17 &amp; under at The San Diego Museum of Art.</p> <p><a href="https://www.sdmart.org/">https://www.sdmart.org/</a></p> <p><b><u>Professional Sports</u></b></p>	<p><b>Robert W. Harrison</b></p>

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	<p>PETCO Park/San Diego Padres baseball. <a href="http://sandiego.padres.mlb.com/sd/ballpark/">http://sandiego.padres.mlb.com/sd/ballpark/</a></p> <p>Miramar Speed Circuit. <a href="http://www.miramarspeedcircuit.com/">www.miramarspeedcircuit.com/</a></p> <p><b><u>Visit La Jolla by the Sea</u></b></p> <p>From world-class shopping to one-of-a-kind dining. Shimmering ocean views to timeless landmarks. Beach culture to high culture. Each day, there's a new experience waiting for you. Welcome to La Jolla. Take it in. The jewel of Southern California sparkles in vacation sunshine year-round. Visit first class sights and attractions throughout the village and around the cove. Stay in gorgeous houses and luxurious hotels. Indulge in all the beauty that's here, only a few minutes from downtown San Diego. <a href="http://www.lajollabythesea.com/">www.lajollabythesea.com/</a></p>	
<p><b>San Diego, CA (cont'd.)</b></p>	<p><b><u>Whale Watching</u></b></p> <p>If you love whales and dolphins, this is your chance to see these incredibly intelligent animals up close!</p> <p>During January through April, you will get to meet up with Gray, Fin, and Humpback whales.</p> <p>During May through December, you will see Blue, Minke, Fin, and Humpback whales.</p> <p>Whales are the main attraction but we love to be greeted by pods of graceful and friendly dolphins—as they glide through the ocean right along with us. Plan on seeing stunning views of the San Diego skyline from the ocean, too!</p> <p><a href="http://www.adventureribrides.com/">http://www.adventureribrides.com/</a></p>	<p><b>Robert W. Harrison</b></p>
<p><b>San Francisco, CA</b></p>	<p><b><u>Golden Gate Bridge</u></b></p> <p>Welcome to the Golden Gate Bridge! The Bridge connects San Francisco to California's northern counties. With its tremendous 746-foot tall towers, sweeping main cables, signature International Orange color, and Art Deco styling, it is a sensory experience featuring color, light, and sound. With more than 10 million annual visitors, be ready for crowds (especially during the summer) and changing weather conditions.</p> <p><a href="http://goldengatebridge.org/">http://goldengatebridge.org/</a></p> <p><a href="http://www.parksconservancy.org/">http://www.parksconservancy.org/</a></p> <p><b><u>Golden Gate State Park</u></b></p> <p>GOLDEN GATE PARK IS...the third most visited park in the United States. While the park is free to</p>	<p><b>T.J. D'Amato</b></p> <p><b>Marie Trimble</b></p>



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	<p>visit during the day, popular attractions charge admission, such as deYoung Museum, California Academy of Sciences and Conservatory of Flowers. The park is filled with gardens, museums, art, flowers, trees, lakes, birds and wildlife. There are also plenty of opportunities to participate in sports, clubs and other activities.</p> <p><a href="https://goldengatepark.com/">https://goldengatepark.com/</a></p> <p><b><u>Fisherman’s Wharf</u></b></p> <p>San Francisco’s Fisherman’s Wharf is proudly unique among the scenic waterfront attractions of the world. The Fisherman’s Wharf of today rests on land created from the rubble of buildings destroyed in the earthquake and fire of 1906. What could not be destroyed was the love of the sea, generations of fishing skills, and traditions expressed in good things to eat and drink.</p> <p><a href="http://www.fishermanswharf.org/">http://www.fishermanswharf.org/</a></p>	
<p><b>San Francisco, CA (cont’d.)</b></p>	<p><b><u>Alcatraz Island a/k/a "The Rock"</u></b></p> <p>Alcatraz, the former military fort and notorious maximum-security federal prison that housed the likes of Al Capone and Machine Gun Kelly, and the site of the Indian “Red River Movement” and Occupation from 1969-1971, offers visitors to get and up and close glimpse of life on Alcatraz Island. In addition to the historical importance of Alcatraz, visitors can view the gardens, bay views, and birds nesting.</p> <p><a href="http://www.alcatrazislandtickets.com/">http://www.alcatrazislandtickets.com/</a></p> <p><b><u>Lombard Street. “The most crooked street in the world.”</u></b></p> <p>Lombard Street is famous for a steep, one-block section with eight hairpin turns. Stretching from The Presidio east to The Embarcadero (with a gap on Telegraph Hill), most of the street's western segment is a major thoroughfare designated as part of U.S. Route 101. The famous one-block section, claimed as "the most crooked street in the world", is located along the eastern segment in the Russian Hill neighborhood. The street was named after Lombard Street in Philadelphia by San Francisco surveyor Jasper O'Farrell</p> <p><a href="https://en.wikipedia.org/wiki/Lombard_Street_(San_Francisco)">https://en.wikipedia.org/wiki/Lombard_Street_(San_Francisco)</a></p> <p><b><u>Pier 39</u></b></p> <p>With 100+ restaurants, shops and attractions, plus special events, live daily entertainment and more, it may be overwhelming to figure out exactly what to do with your time at PIER 39.</p> <p><a href="https://www.pier39.com/">https://www.pier39.com/</a></p> <p><b><u>Cable Cars</u></b></p> <p>San Francisco’s only moving historic landmarks, cable cars run seven days a week, on three routes: Powell-Mason, Powell-Hyde, and California Street. The Powell-Mason line begins at the Powell/Market turntable, up and over Nob Hill and down to Bay Street at Fisherman's Wharf. The Powell-Hyde line also begins at the Powell/Market turntable and runs over Nob and Russian hills</p>	<p><b>T.J. D’Amato</b></p> <p><b>Marie Trimble</b></p>

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	<p>before ending at Aquatic Park near Ghiradelli Square. The California Street line runs East-West from the Financial District, through Chinatown, over Nob Hill and stops at Van Ness Avenue.  <a href="https://www.sfcablecar.com/">https://www.sfcablecar.com/</a> and <a href="http://www.sfmta.com">www.sfmta.com</a></p> <p><b><u>Muir Woods National Monument.</u></b></p> <p>Walk among old growth coast redwoods, cooling their roots in the fresh water of Redwood Creek and lifting their crowns to reach the sun and fog. Federally protected as a National Monument since 1908, this primeval forest is both refuge and laboratory, revealing our relationship with the living landscape. What will you discover in Muir Woods?  <a href="https://www.nps.gov/muwo/index.htm">https://www.nps.gov/muwo/index.htm</a></p>	
<p><b>San Francisco, CA (cont'd.)</b></p>	<p><b><u>Lands End.</u></b></p> <p>At the northwestern corner of San Francisco, there is a series of stunning views at every turn in this wild and windy trail. Hillsides of cypress and wildflowers, views of shipwrecks and access to the ruins of Sutro baths, a San Francisco special memory.  <a href="https://www.nps.gov/goga/planyourvisit/landsend.htm">https://www.nps.gov/goga/planyourvisit/landsend.htm</a></p> <p><b><u>Presidio.</u></b></p> <p>For 218 years, the Presidio served as an army post for three nations. World and local events, from military campaigns to World Fairs and earthquakes, left their mark. Come enjoy the history and the natural beauty of the Presidio. Explore centuries of architecture. Reflect in a national cemetery. Walk along an historic airfield, through forests or to beaches, and admire spectacular vistas.  <a href="http://www.presidio.gov/">http://www.presidio.gov/</a></p> <p><b><u>Exploratorium Children's Museum</u></b></p> <p>The Exploratorium isn't just a museum; it's an ongoing exploration of science, art and human perception—a vast collection of online experiences that feed your curiosity.  <a href="https://www.exploratorium.edu">https://www.exploratorium.edu</a></p> <p><b><u>Walt Disney Family Museum</u></b></p> <p>Find animation, innovation, and inspiration in the remarkable life story of Walt Disney, the man who raised animation to an art, tirelessly pursued innovation, and created a distinctly American legacy that transformed the entertainment world. Located in the scenic Presidio of San Francisco, the museum is a 501(c)(3) nonprofit organization that features contemporary, interactive galleries with state-of-the-art exhibits narrated in Walt's own voice alongside early drawings, cartoons, films, music, a spectacular model of Disneyland, and more.</p>	<p><b>T.J. D'Amato</b></p> <p><b>Marie Trimble</b></p>

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	<p><a href="http://www.waltdisney.org/">http://www.waltdisney.org/</a></p> <p><b><u>Madame Tussauds San Francisco</u></b></p> <p>Step into famous fun at Madame Tussauds San Francisco! More than just a wax museum, this attraction is a top thing to do in the Bay Area.</p> <p><a href="https://www.madametussauds.com/san-francisco/en/">https://www.madametussauds.com/san-francisco/en/</a></p>	
<p><b>San Francisco, CA (cont'd.)</b></p>	<p><b><u>Asian Art Museum</u></b></p> <p>Strategically located on the Pacific Rim and serving one of the most diverse communities in the United States, the Asian Art Museum of San Francisco – Chong-Moon Lee Center for Asian Art and Culture is uniquely positioned to lead a diverse, global audience in discovering the distinctive materials, aesthetics and intellectual achievements of Asian art and cultures, and to serve as a bridge of understanding between Asia and the United States and between the diverse cultures of Asia.</p> <p><a href="http://www.asianart.org/">http://www.asianart.org/</a></p> <p><b><u>San Francisco Museum of Modern Art</u></b></p> <p>SFMOMA is dedicated to making the art for our time a vital and meaningful part of public life. For that reason we assemble unparalleled collections, create exhilarating exhibitions, and develop engaging public programs. In all of these endeavors, we are guided by our enduring commitment to fostering creativity and embracing new ways of seeing the world.</p> <p><a href="https://www.sfmoma.org/">https://www.sfmoma.org/</a></p> <p><b><u>Palace of Fine Arts Theatre</u></b></p> <p>Don't forget your camera-the iconic Palace of Fine Arts is one of the most photographed sites in the City, featured in numerous film and TV productions. It's also a popular wedding location and dazzling performance venue, as well as a wonderful place for a stroll after a visit to the Exploratorium.</p> <p>Originally built for the 1915 Panama-Pacific Exhibition, this urban temple has become a San Francisco treasure, beloved by residents and visitors alike.</p> <p><a href="https://palaceoffinearts.org/">https://palaceoffinearts.org/</a></p> <p><b><u>The House from "Full House"</u></b></p> <p>Located at 1709 Broderick Street in San Francisco, the house that was used for exterior shots of the Tanner home sits on a charming residential street in the Laurel Heights neighborhood, and was recently purchased by the show's creator, Jeff Franklin.</p> <p><a href="http://www.full-house.org/fullhouse/fullhouse_house.php">http://www.full-house.org/fullhouse/fullhouse_house.php</a></p>	<p><b>T.J. D'Amato</b></p> <p><b>Marie Trimble</b></p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
	<p><b><u>Napa and Sonoma Wine Country Tour</u></b></p> <p>Escape to California’s famous wine country on this full-day tour from San Francisco. Taste regional varietals at three different wineries in Napa and Sonoma, including both big-name and family-run estates. Learn about the winemaking process during guided tours of vineyards and barrel rooms, and savor the area’s gourmet culture with a stop for lunch in charming Yountville.</p> <p><a href="https://graylineofsanfrancisco.com/tours/san-francisco/deluxe-sonoma-napa-valley-wine-country-tour-8392_8/">https://graylineofsanfrancisco.com/tours/san-francisco/deluxe-sonoma-napa-valley-wine-country-tour-8392_8/</a></p>	
<p><b>San Francisco, CA (cont’d.)</b></p>	<p><b><u>The San Francisco Electric Tour Company Segway Tours</u></b></p> <p>The San Francisco Electric Tour Company Segway Tours offers fun-filled tours of one of the world's most beautiful cities on the world's most unique transportation device: the Segway!</p> <p>Whether you're an adventurous single looking for an unusual way to experience San Francisco or a parent with children over 12 years old trying to keep the family entertained on vacation, you'll love the unforgettable experience of riding a Segway.</p> <p><a href="http://electrictourcompany.com/">http://electrictourcompany.com/</a></p> <p><b><u>Aquarium of the Bay</u></b></p> <p>Located on San Francisco’s iconic waterfront, Aquarium of the Bay provides unforgettable encounters with local marine life that inspire both wonder and conservation. As part of bay.org, our mission is to protect, restore and inspire conservation of San Francisco Bay and its watershed, from the Sierra to the sea. While our passion and work are locally-focused, we have a broad impact that touches upon every major challenge facing our global environment.</p> <p><a href="https://www.aquariumofthebay.org/">https://www.aquariumofthebay.org/</a></p> <p><b><u>San Francisco Opera</u></b></p> <p>San Francisco has had a love affair with opera for more than 150 years. In fact, citizens during the Gold Rush were mad for it. Between 1851 and the earthquake of 1906, nearly 5,000 opera performances were given in San Francisco in 26 different theaters. San Francisco Opera, one of the world’s leading opera companies for more than 90 years, is synonymous with what the Bay Area is known for: entrepreneurship, innovation and community involvement.</p> <p><a href="https://sfopera.com/">https://sfopera.com/</a></p> <p><b><u>San Francisco Symphony</u></b></p> <p>Founded in December 1911, the San Francisco Symphony sets the highest possible standard for</p>	<p><b>T.J. D’Amato</b></p> <p><b>Marie Trimble</b></p>

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	<p>excellence in musical performance at home and around the world; Enriches, serves, and shapes cultural life throughout the spectrum of Bay Area communities; Maintains financial stability and gains public recognition as a means of ensuring its ability to fulfill its mission.</p> <p><a href="http://www.sfsymphony.org/">http://www.sfsymphony.org/</a></p>	
<p><b>San Francisco, CA (cont'd.)</b></p>	<p><b><u>San Francisco Theater</u></b> (not a destination, but a good guide to shows)</p> <p>We provide simple to use guides that let you explore all theatre, concert and comedy events whether you're searching for the best Broadway musicals, or award winning plays, live music concerts from the biggest names in pop and rock, or the very latest in live comedy.</p> <p>Each guide is updated regularly by our team of contributors and each venue listing includes maps, seating charts where available, ideas for where to eat, park and sleep.</p> <p>We're completely independent and not affiliated or beholden to any theatre, box office, production company, ticket broker or ticket agency.</p> <p><a href="http://www.san-francisco-theater.com">www.san-francisco-theater.com</a></p> <p><b><u>Professional Sports (Depending on Season)</u></b></p> <p>The San Francisco Bay Area is home to seven major league teams:</p> <p>San Francisco 49ers (NFL) <a href="http://www.49ers.com/">http://www.49ers.com/</a>  Oakland Raiders (NFL) <a href="http://www.raiders.com/">http://www.raiders.com/</a>  San Francisco Giants (AT&amp;T Park has a good view of the bay) (MLB) <a href="https://www.mlb.com/giants">https://www.mlb.com/giants</a>  Oakland Athletics (MLB) <a href="https://www.mlb.com/athletics">https://www.mlb.com/athletics</a>  San Jose Earthquakes (MLS) <a href="https://www.sjearthquakes.com/">https://www.sjearthquakes.com/</a>  Golden State Warriors (NBA) <a href="http://www.nba.com/warriors/">http://www.nba.com/warriors/</a>  San Jose Sharks (NHL) <a href="https://www.nhl.com/sharks/">https://www.nhl.com/sharks/</a></p> <p>And several minor league teams, including the San Francisco Deltas (NASL) <a href="http://sfdeltas.com/">http://sfdeltas.com/</a></p>	<p><b>T.J. D'Amato</b></p> <p><b>Marie Trimble</b></p>
<p><b>Seattle, WA</b></p>	<p><b><u>Day in the life of Bruce Lee Exhibit at Wing Luke Museum</u></b></p> <p>Located right in the heart of the international district. Grab a bite to eat after you go, and check out the Uwajimaya (giant Asian grocery store filled with delicious foods) if there is time!</p> <p><a href="http://www.wingluke.org/bruceleetickets/">http://www.wingluke.org/bruceleetickets/</a></p>	<p><b>Cheryl Willard</b></p> <p><b>Jeff Frank</b></p>

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	<p><b><u>The Paramount Theatre</u></b></p> <p>The Paramount Theatre is beautiful! Try grabbing happy hour eats at one of the many restaurants nearby before you go!  <a href="https://www.stgpresents.org/tickets">https://www.stgpresents.org/tickets</a></p>	
<p><b>Seattle, WA (cont'd.)</b></p>	<p><b><u>Seattle Mariners</u></b></p> <p>The bar at Safeco Field is right behind the outer field, so you can grab a beer and watch the game from there if you don't have good seats! Also, try the garlic fries!  <a href="http://safecofield.ticketoffices.com/Seattle+Mariners">http://safecofield.ticketoffices.com/Seattle+Mariners</a></p> <p><b><u>Seattle Sounders FC</u></b></p> <p>The Seattle Sounders are a must see! Seattle really brings the cheer to their beloved team! Try getting a beer at the Elysian beforehand!  <a href="https://www.soundersfc.com/">https://www.soundersfc.com/</a></p> <p><b><u>Pikes Place Market (Pike and 1st Avenue)</u></b></p> <p>Check out the gum wall (I bet you can't even tell they cleaned it off recently!). See some fish being tossed in the air, or sit at the counter at Althea where Tom Hanks sat in Sleepless in Seattle. There is a ton to see here, and if it's a sunny day stop by Maximillian for a glass of wine and escargot happy hour on their patio. At night check out a cabaret!  <a href="http://pikeplacemarket.org/">http://pikeplacemarket.org/</a></p> <p><b><u>Chihuly Garden and Glass305</u></b></p> <p>This is a beautiful museum, in the heart of Seattle Center. If you have time, check out the Space Needle and the Museum of Pop Culture!  <a href="https://www.chihulygardenandglass.com/">https://www.chihulygardenandglass.com/</a></p> <p><b><u>Space Needle</u></b></p> <p>Go to the top and see if you can spot at least two volcanoes nearby!  <a href="https://www.spaceneedle.com/home/">https://www.spaceneedle.com/home/</a></p> <p><b><u>Museum of History &amp; Industry (MOHI)</u></b></p> <p>This museum is fantastic! Learn everything you ever wanted to know about Seattle, and the surrounding area in a fun well-thought-out museum!  <a href="http://mohai.org/">http://mohai.org/</a></p> <p><b><u>Museum of Pop Culture</u></b></p> <p>The Frank Gehry building itself is a sight to see, but the interior is jam packed with mesmerizing</p>	<p><b>Cheryl Willard Jeff Frank</b></p>

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	<p>exhibits, interactive installations and tons of interesting information, definitely a fun way to spend an afternoon.  <a href="http://www.mopop.org/">http://www.mopop.org/</a></p>	
<p>Seattle, WA (cont'd.)</p>	<p><b><u>Fremont Troll</u></b>  A Seattle Staple, just don't wear anything you wouldn't want to get dirty while climbing on the Troll!  <a href="http://fremont.com/about/fremonttroll-html/">http://fremont.com/about/fremonttroll-html/</a></p> <p><b><u>Kerry Park</u></b>  Kerry Park is a must - it hosts the best view of the city! Try to get there for the sunrise to see the sun reflect its light on the city and the amazing Mt. Rainier. The views will not disappoint! If you have time, walk a few blocks west to another tiny park that overlooks the sound.  <a href="http://www.seattle.gov/parks/find/parks/kerry-park">http://www.seattle.gov/parks/find/parks/kerry-park</a></p> <p><b><u>Olympic Sculpture Park (by SAM)</u></b>  Not only does this park have some amazing sculptures, it is set on the shores of Elliott Bay. On a sunny day you can take a leisurely stroll and watch the ferry's glide back and forth in front of the snowcapped Olympic Mountains. It also makes a stunning sunset destination!  <a href="http://seattleartmuseum.org/visit/olympic-sculpture-park">http://seattleartmuseum.org/visit/olympic-sculpture-park</a></p> <p><b><u>Ride a Ferry!</u></b>  Seattle Island Paradise: A \$8.20 Ferry Ride Away. A great way to get on the water in Seattle is to take a 35 minute ferry trip across Elliott Bay to Bainbridge Island. The view of the city skyline from the ferry deck is well worth the price of your trip. You can disembark the vessel and hop in line to get right back on or if you have time walk a couple of blocks to downtown Bainbridge, get a bite to eat, have a wine tasting and hop on the next ferry when you are ready!  <a href="http://www.wsdot.wa.gov/ferries/">http://www.wsdot.wa.gov/ferries/</a></p> <p><b><u>The Museum of Flight</u></b>  This place is HUGE! If you have the time, it's definitely worth a visit!  <a href="http://www.museumofflight.org/">http://www.museumofflight.org/</a></p> <p><b><u>Seattle Public Library</u></b>  The downtown Seattle library is BEAUTIFUL! Hop on in and wander around (the 10th Floor has a great view!) or take a self-guided cell phone tour.</p>	<p>Cheryl Willard  Jeff Frank</p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
	<a href="http://www.spl.org/locations/central-library">http://www.spl.org/locations/central-library</a>	
<b>Seattle, WA (cont'd.)</b>	<p><b><u>Alki Beach</u></b></p> <p>Do yourself a favor and take a water taxi over to aliki a little before sunset. Walk along the paved trail that offers some of the most stunning views of the city, round the corner and check out another stunning view of the Olympic Mountains! There are plenty of great places to grab a bite to eat while soaking in all the views. This is a popular place for bonfire's once the sun goes down, so make a friend and see if you can join!</p> <p><a href="https://www.seattle.gov/parks/find/parks/alki-beach-park">https://www.seattle.gov/parks/find/parks/alki-beach-park</a></p> <p><b><u>Golden Gardens</u></b></p> <p>Golden Gardens is by far one of the best places to watch the sun set behind the Olympics! Many people bring wood to build a bonfire once the sun goes down. If you have a rental, pick up some wood from a local grocery store and a blanket and try to snag a fire pit. You won't regret it!</p> <p><a href="http://www.seattle.gov/parks/find/parks/golden-gardens-park">http://www.seattle.gov/parks/find/parks/golden-gardens-park</a></p>	<p><b>Cheryl Willard</b></p> <p><b>Jeff Frank</b></p>
<b>Toronto, ON</b>	<p>Toronto is Canada's largest city (5.5 million people) with a lot of tourist attractions.</p> <p><a href="http://www.seetorontonow.com/attractions/">http://www.seetorontonow.com/attractions/</a></p> <p><b><u>Hockey Hall of Fame</u></b></p> <p>Toronto is home to the Hockey Hall of Fame which is worth a visit for any hockey fan! Located right downtown near Union Station, check it out and make a pilgrimage to the hallowed halls honouring such greats as Gordie Howe, Bobby Orr, Wayne Gretsky, and Rocket Richard.</p> <p><a href="https://www.hhof.com/">https://www.hhof.com/</a></p> <p><b><u>Queen West</u></b></p> <p>Toronto's trendiest shopping district is Queen West – don't come here looking for designer outlets – this is our edgiest shopping street walk.</p> <p><a href="http://www.seetorontonow.com/shopping/shopping-in-queen-west-the-hippest-of-the-haute/#sm.0007sg4wp10rkdtvw4v2mcrfu1vef">http://www.seetorontonow.com/shopping/shopping-in-queen-west-the-hippest-of-the-haute/#sm.0007sg4wp10rkdtvw4v2mcrfu1vef</a></p> <p><b><u>The Eaton Centre</u></b></p> <p>Large indoor mall downtown at Queen and Yonge Streets</p> <p><a href="https://www.cfshops.com/toronto-eaton-centre.html">https://www.cfshops.com/toronto-eaton-centre.html</a></p>	<p><b>Susan Gunter</b></p> <p><b>Robert Love</b></p> <p><b>Glenn Zakaib</b></p> <p><b>Steve Rosenhek</b></p>



CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
<p><b>Toronto, ON (cont'd.)</b></p>	<p><b><u>Yorkville</u></b></p> <p>Halfway north in Toronto's downtown, at Bloor Street, this former hippie neighbourhood is where all the best brands are located and you can finish it off with some fine dining in small restaurants with a great nightlife.  <a href="http://www.bloor-yorkville.com/">http://www.bloor-yorkville.com/</a></p> <p><b><u>The National Ballet of Canada</u></b></p> <p>Established as a classical company by founder Celia Franca in 1951, The National Ballet of Canada is the only Canadian ballet company to present a full range of traditional full-length classics. The company's repertoire includes works by the world's most celebrated 20th and 21st century masters, Sir Frederick Ashton, George Balanchine, John Cranko, William Forsythe, James Kudelka, Jiří Kylián, John Neumeier, Rudolf Nureyev, Glen Tetley, Christopher Wheeldon, Wayne McGregor and Alexei Ratmansky. In addition to its classical repertoire, the company also embraces contemporary works and encourages the creation of new ballets and the development of Canadian choreographers.  <a href="https://national.ballet.ca/Homepage">https://national.ballet.ca/Homepage</a></p> <p><b><u>The Canadian Opera Company</u></b></p> <p>Based in Toronto, the Canadian Opera Company is the largest producer of opera in Canada and one of the largest in North America. The company enjoys an international reputation for artistic excellence and creative innovation.  <a href="http://www.coc.ca/">http://www.coc.ca/</a></p> <p><b><u>The Art Gallery of Ontario</u></b></p> <p>With a collection of more than 90,000 works of art, the Art Gallery of Ontario is among the most distinguished art museums in North America. From the vast body of Group of Seven and signature Canadian works to the African art gallery, from cutting-edge contemporary art to Peter Paul Rubens' masterpiece The Massacre of The Innocents, the AGO offers an incredible art experience with each visit.  <a href="https://www.ago.net/">https://www.ago.net/</a></p>	<p><b>Susan Gunter</b>  <b>Robert Love</b>  <b>Glenn Zakaib</b>  <b>Steve Rosenhek</b></p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
<p><b>Toronto, ON</b> (cont'd.)</p>	<p><b><u>Royal Ontario Museum (ROM)</u></b>            Opened in 1914, the Royal Ontario Museum (ROM) showcases art, culture, and nature from around the globe and across the ages. One of North America's most renowned cultural institutions, Canada's largest museum is home to a world-class collection of more than six million objects and specimens, featured in 40 gallery and exhibition spaces. As the country's preeminent field research institute and an international leader in new and original findings in biodiversity, palaeontology, earth sciences, the visual arts, material culture and archaeology, the ROM plays a vital role in advancing our global understanding of the artistic, cultural and natural world.  <a href="http://www.rom.on.ca/en">http://www.rom.on.ca/en</a></p> <p><b><u>Gardiner Museum of Ceramics</u></b>            Across the street from the ROM is the Gardiner Museum of Ceramics where you can take a pottery wheel class.  <a href="http://www.gardinermuseum.on.ca/">http://www.gardinermuseum.on.ca/</a></p> <p><b><u>Harbourfront and Toronto Island</u></b>            Long bike and walking paths wind along Lake Ontario in front of The Harbourfront Centre. A short cheap city ferry ride gets you to Toronto Island public park, and small amusement park Centre Island where you can get a great view of the city and its people - on a nice day it's lovely.  <a href="http://www.harbourfrontcentre.com/">http://www.harbourfrontcentre.com/</a>  <a href="http://www.torontoisland.com/">http://www.torontoisland.com/</a>  <a href="http://www.centreisland.ca/">http://www.centreisland.ca/</a></p> <p><b><u>Distillery District</u></b>            Another neat destination is the Distillery District a preserved old distillery area with all kinds of neat restaurants, bars, stores and galleries. Brief taxi ride from downtown.  <a href="http://www.thedistillerydistrict.com/">http://www.thedistillerydistrict.com/</a></p> <p><b><u>The Beaches a/k/a "The Beach"</u></b>            A little further east is the residential neighbourhood called The Beaches, Toronto's most west-coast style laid back residential/commercial strip along Queen Street East with lots of coffee places, big dogs in parks, and the beach on Lake Ontario.  <a href="https://en.wikipedia.org/wiki/The_Beaches">https://en.wikipedia.org/wiki/The_Beaches</a></p>	<p><b>Susan Gunter</b>  <b>Robert Love</b>  <b>Glenn Zakaib</b>  <b>Steve Rosenhek</b></p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
<b>Toronto, ON</b> (cont'd.)	<p><b><u>Casa Loma</u></b></p> <p>Casa Loma is a castle-style mansion built on a hill in the north end of downtown (bus ride from hotels). Formerly the private home of an industrialist built at the turn of the century, it is now owned by the City of Toronto. The hop on hop off buses go there.</p> <p><a href="http://www.casaloma.ca/visinfo.html">http://www.casaloma.ca/visinfo.html</a>  <a href="https://www.citysightseeingtoronto.com/">https://www.citysightseeingtoronto.com/</a></p> <p><b><u>Day Trip to Niagara Falls</u></b></p> <p>See both the Canadian and the American sides of one of the world's natural wonders! Niagara Falls, Ontario also boasts a Las Vegas style casino - Fallsview Casino and Resort. Ride the Maid of the Mist tour boat which takes you underneath the falls, in the mist (be prepared to get a little damp!). A one hour drive from Toronto. Buses hourly.</p> <p><a href="https://www.fallsviewcasinoresort.com/">https://www.fallsviewcasinoresort.com/</a>  <a href="http://www.maidofthemist.com/">http://www.maidofthemist.com/</a></p> <p><b><u>Outside the City</u></b></p> <p>If staying a little longer, consider <b>Canada's Wonderland</b> which has an excellent water park. Several big coasters but also rides for all ages. A 45 minute drive from downtown. East of the city, a 30-minute car ride if no traffic, is the <b>Toronto Zoo</b>, featuring pandas! It is a very large area (hot if sunny, lots of walking).</p> <p><a href="https://www.canadaswonderland.com/">https://www.canadaswonderland.com/</a>  <a href="http://www.torontozoo.com/">http://www.torontozoo.com/</a></p>	<p><b>Susan Gunter</b></p> <p><b>Robert Love</b></p> <p><b>Glenn Zakaib</b></p> <p><b>Steve Rosenhek</b></p>
<b>Washington, DC</b>	<p><b><u>United States Holocaust Museum</u></b></p> <p>Located on the National Mall, the museum is free and offers recommended tours. There is unique There is an interactive exhibition for seeing the Holocaust through the eyes of a child, an exhibit about genocides after the Holocaust (including Syria). See this powerful museum's unique architecture in the Hall of Witness, the three story glass, brick and steel atrium. Light a memorial candle and reflect quietly in the Hall of Remembrance.</p> <p><a href="https://www.ushmm.org/">https://www.ushmm.org/</a></p> <p><b><u>Library of Congress</u></b></p> <p>Free one hour walking tours of the historic Jefferson Building are available and learn about its symbolic art and architecture. Hear about the history and work of the Library of Congress. Group tours of more than 10 people can be planned in advance. Admission is free. An interesting virtual tour is also available.</p> <p><a href="https://www.loc.gov/visit/tours/online-tours/thomas-jefferson-building/">https://www.loc.gov/visit/tours/online-tours/thomas-jefferson-building/</a>  <a href="https://www.loc.gov/">https://www.loc.gov/</a></p>	<p><b>John Parker Sweeney</b></p> <p><b>Sky Woodward</b></p>
<b>Washington, DC</b>	<p><b><u>Newseum</u></b></p>	<p><b>John Parker Sweeney</b></p>

CITY	BLUE ZONE/DRI for LIFE ACTIVITIES	CITY AMBASSADORS
(cont'd.)	<p>The center for the celebration of the free press, this beautiful modern museum is located between the White House and the Capitol. The Newseum offers a variety of education programs and workshops that would be suitable for a team-building type event. DRI's Annual Meeting has hosted its blockbuster Thursday night networking event at the Newseum. Hours: 9:00 am-5:00 pm. Tickets: approx. \$25.</p> <p><a href="https://newseumed.org/ed-classes-training/professionals/">https://newseumed.org/ed-classes-training/professionals/</a>  <a href="http://www.newseum.org/">http://www.newseum.org/</a></p> <p><b><u>Washington Walking Tours</u></b></p> <p>This company is an example of the variety of walking tours available throughout the Nation's capitol. Customized tours are available for groups, regardless of size.</p> <p><a href="http://www.washingtonwalks.com/">http://www.washingtonwalks.com/</a></p> <p><b><u>Nighttime Washington Monument Tours</u></b></p> <p>One unique way to see the historical sites of Washington is to do it at night! A really neat way to experience the grandeur and emotion of the Lincoln Memorial, the Martin Luther King Memorial, and many others is to arrange a group tour. Or, if the group is small, you can agree to pay a taxi driver to wait while you visit each one, or customize your own list.</p> <p><a href="https://www.viator.com/Washington-DC-tours/Night-Tours/d657-q12-c96">https://www.viator.com/Washington-DC-tours/Night-Tours/d657-q12-c96</a></p> <p><b><u>Smithsonian Institute</u></b></p> <p>The world's largest science center, open daily 8:30 am-5:30 pm. Many exhibits including the main Castle building and the Zoo are free. Obviously, you could spend a week at this complex, but you can also select just a specific building or exhibit to tour with your group. Consider a scavenger hunt or a skill-testing quiz at the end of a guided tour to make the activity fun and interactive for maximum networking benefits!</p> <p><a href="https://www.si.edu/">https://www.si.edu/</a></p>	<p><b>Sky Woodward</b></p>