

OCHSNER 65 PLUS – LAFRENIERE

7060 Veterans Memorial Blvd. Metairie, LA 70003, LA 70003

Golden Opportunity's South Shore office will be located at Ochsner's 65Plus Clinic. As of **March 1st**, South Shore meetings will be held at this location and all South Shore bus trips will pick up at this location as well.

65Plus Clinics offer physician visits that are longer than traditional visits, with each one lasting between 40 to 60 minutes. This extra time allows your providers to really get to know you and your needs. 65Plus Clinics offer primary care, nutrition education, fitness coaching, and community events; exclusively for people 65 and older.

OVERNIGHT / EXTENDED TRIP EMERGENCY INFORMATION FORMS

Some Emergency forms are due to expire in March and April 2024. Please call the office or come by and pick up a new form to be signed by your physician. The Emergency Medical Form is mandatory for anyone attending a road trip or extended trip.

2024 REGISTRATION RENEWAL

Renewal will end February 29th. Any member who has not renewed by that date will be charged \$30 to reinstate membership.

TECHNOLOGY APPOINTMENTS AVAILABLE THROUGHOUT THE MONTH

GO members who may need help signing onto the GO Cloud, registering for MyOchsner, sending emails, or any other basic technology questions can schedule an appointment with me by calling 504-371-6541 or email sabrina.champagne@ochsner.org.

UPCOMING EVENTS

FESTIVAL SEASON IS APPROACHING

I will reserve a 25-passenger bus for the festivals listed below. Registration will open for all events listed below on February 15. Check the cloud for more information at that time. If you plan to attend, reserve your seat when registration opens.

MARCH 23 (SATURDAY): CRAWFISH FESTIVAL - 3109 Jean Lafitte Pkwy, Chalmette, LA 70043

APRIL 11 (THURSDAY): FRENCH QUARTER FESTIVAL - 400 N Peters St, New Orleans, LA 70130

MAY 24 (FRIDAY): GREEK FESTIVAL - 1200 Allen Toussaint Blvd, New Orleans, LA 70122

Limit of 24 Attendees

\$25pp

UPCOMING TRIPS

JUNE 2 – 10 (SUNDAY - MONDAY): NIAGARA FALLS AND THE OMISH COUNTRY

Join us as we begin an exciting adventure to one of North America's top vacation spots - Niagara Falls & the Amish Country. Trip will include: 2-nights in Niagara Falls *Skylon Tower, Hornblower Boat Ride - Voyage to the Falls, City Tour of Niagara, Ontario in Canada, 2-nights in Indiana Amish Country, Backroads tour of Amish Country, Amish Home and Farm, Amish Wedding Feast, Kentucky Derby Museum and Mint Julep University, 13 Included Meals.

Traditional Room: Single: \$2849 pp /Double: \$1854 pp/Triple: \$1749 pp - \$300 deposit

Full payment due April 15, 2024. Payments made to: Tours by Aurora 504-914-7209. Please register with Golden Opportunity – Sabrina.

Bus departs WB 6:00am/ SS 6:30am

Limit 50 Attendees