RSVP REQUIRED FOR ALL EVENTS
Registration for new events (indicated with ***) available Monday, October 17th, 8:00 am on the CLOUD!
Please check your email often. There may be instances when unexpected and exciting activities or information are added after the Calendar of Events have been distributed.

With the new changes, West Bank & South Shore Registrations should be mailed to:

***NOVEMBER 2 (WEDNESDAY) WB MEETING: LADIES BALLROOM “THE GATHERING PLACE”
Food Bank Donations will be collected at every meeting.
1771 Stumpf Blvd. in Terrytown - Personal Transportation.
Theme: Thanksgiving Races and we will have line dancing with Margie Clark- Harris.
Menu includes Pork Roast, Dressing, Sweet Potatoes, Garden Salad, Dinner Rolls and Dessert.
Doors open at 10:15am  Limit of 150 Attendees $16pp

***NOVEMBER 3 (THURSDAY): 2023 OCHSNER HEALTH PLAN PRESENTATION
2500 Belle Chasse Hwy. in Gretna (River Room) - Personal Transportation.
Speaker: Angela Pigford, Ochsner Health Plan. Angela will inform us of what is new for Ochsner’s Medicare Advantage Plan for the upcoming year.
1:00pm  Limit of 40 Attendees FREE

NOVEMBER 4 (FRIDAY): MITCHELL FARMS & ANTIQUE CABINS TOUR
Discover the story of Mitchell Farms on a guided tour of the farm and log cabins. A working farm growing peanuts, corn, wheat, soybeans, pumpkins, peaches, and blackberries. After our tour we will enjoy a country buffet catered by Main Street Café. Buffet: Fried chicken, ribs, loaded potato casserole, green beans, baked beans, salad, dinner rolls, banana pudding and blackberry cobbler.
Bus departs WB at 8:00am, SS at 8:30am  Limit of 50 Attendees $63pp

***NOVEMBER 8 (TUESDAY): SS “MEET AND LEARN” MEETING: PEOPLES 2023 PRESENTATION
1200 S. Clearview Parkway - Ochsner Fitness Ctr. Auditorium - Personal Transportation.
Speaker: Susan Guidroz, will discuss the 2023 Peoples Health Medicare Advantage Benefits.
10:00am  Limit of 40 Attendees FREE

NOVEMBER 9-10 (WEDNESDAY - THURSDAY): CHRISTMAS OUTLET SHOPPING
Join us for a shopping trip to Foley, Alabama. Day 1 - Tanger Outlet Center and lunch at Lambert’s Café.
Bus departs WB at 6:00am, SS at 6:30am  Limit of 50 Attendees

***NOVEMBER 15 (TUESDAY): MORNING FUEL @ CAFFE’ LATTE DA
5860 Citrus Boulevard, Ste A, Harahan, LA - Personal Transportation.
Your body and brain need their morning fuel. Don't deprive them by being a “only coffee for breakfast” person. Drive yourself to Caffe’ Latte Da and fuel up while enjoying great company. Brunch on your own.
10:30am  Limit of 30 Attendees ON YOUR OWN

***NOVEMBER 17 (THURSDAY): MORNING FUEL @ CAFÉ 615
Café 615 - Da Wabbitt, 615 Kepler St., Gretna - Personal Transportation.
Let’s “GO” to Lunch. In November we will fuel up with an early lunch. Don’t skip breakfast just eat light. We will meet at 11am to give thanks for another Golden Year!
11:00am – 1:30pm  Limit of 40 Attendees ON YOUR OWN
Give the Gift That Keeps People Going! Golden Opportunity Gift Certificates Now Available.

Your family and friends will thank you for giving them the gift of health, friendship, and activity.

Purchase a one-year new membership at $25 ($40 for a couple) or gift someone with their 2022 renewal membership at $15 per person. You can also purchase a certificate good for future events.

Whether it be for a Birthday, Christmas, or Just Because; share Golden Opportunity with those you care about. Call today to purchase one or more. Three design options available. Choose a sunflower, generic, Christmas themed gift certificate!

A dedicated telephone line has been set up with Ochsner Scheduling Department for GO members to schedule medical appointments without any delays. West Bank: 504-371-9333 South Shore: 504-842-6538

Ochsner On Call: This 24/7 service is a free nurse care line for non-life-threatening issues, call 1-800-231-5257.

Having difficulty with MyOchsner? Contact MyOchsner support 1-877-339-2637

****Need help with the Cloud? Contact our office to make an appointment****
https://ochsner.force.com/goldenopportunity

**Fees must be received within 7 days of making the reservation to confirm your seat. If not received, your seat will be filled by another member. Please check availability with the GO office before mailing a check and send separate checks for events. RSVP IS REQUIRED FOR ALL EVENTS.

All trips are non-refundable. Every attempt will be made to sell your seat to someone on the waiting list if you need to cancel. YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL PAYMENT IS RECEIVED.