RSVP REQUIRED FOR ALL EVENTS
Registration for new events (indicated with *** ) available Monday, September 19th, 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.

Reminder: Proof of vaccination must be submitted to the GO office prior to participation in all face-to-face events. Masks required to enter Ochsner facilities.

With the new changes, West Bank & South Shore Registrations should be mailed to: Golden Opportunity, Attn: Sabrina Champagne, 4225 Lapalco Blvd. Marrero, LA 70072.

***OCTOBER 4 (TUESDAY): HUMANA 2023 BENEFIT PRESENTATION
2500 Belle Chasse Hwy. in Gretna (River Room) - Personal Transportation.
Humana representative, Joseph Ewell will answer all your questions about upcoming changes for 2023 Benefits.
11:00am Limit of 40 Attendees FREE

***OCTOBER 4 (TUESDAY): PEOPLES HEALTH 2023 BENEFIT PRESENTATION
2500 Belle Chasse Hwy. in Gretna (River Room) - Personal Transportation.
Peoples Health representative, Susan Guidroz will answer all your questions about upcoming changes for 2023 Benefits.
1:00pm Limit of 40 Attendees FREE

***OCTOBER 5 (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: Happy Halloween: Costume contest. *Eat, drink and be scary! Please park all brooms at the door. Menu includes Spaghetti with Meatballs, Caesar salad, Garlic bread and dessert.
Doors open at 10:15am Limit of 150 Attendees $16pp

***OCTOBER 11 (TUESDAY): SS “MEET AND LEARN” MEETING: HUMANA 2023 PRESENTATION
1200 S. Clearview Parkway- Ochsner Fitness Ctr. Auditorium - Personal Transportation.
Speaker: Joseph Ewell Jr., will discuss the 2023Humana Benefits.
10:00am Limit of 40 Attendees FREE

***OCTOBER 13 (THURSDAY): MORNING FUEL WITH SABRINA
Shoney’s Gretna 420 West Bank Expressway in Gretna - Personal Transportation.
If you don’t have breakfast, you might find you feel a bit sluggish and struggle to focus on things. This is because your brain hasn’t received the energy (glucose) it needs to get going. Not having breakfast affects your mental performance, including your attention, ability to concentrate and memory.
We will meet in the private dining room.
9:00am – 10:30am Limit of 30 Attendees ON YOUR OWN

***OCTOBER 18 (TUESDAY): MORNING FUEL @ CAFFE’ LATTE DA
5860 Citrus Boulevard, Ste A, Harahan, LA- Personal Transportation.
As you sleep, your body is hard at work digesting yesterday’s dinner. By the time you wake up, your body and brain are demanding fresh fuel. "Morning Fuel" is an ideal way to power up in the morning. Drive yourself to Caffe’ Latte Da and enjoy great conversation while enjoying Brunch on your own.
10:30am Limit of 30 Attendees ON YOUR OWN
All WB Bus trips depart Ochsner WB 2500 Belle Chasse Hwy. Gretna. Please park in the 3rd parking lot.
All SS Bus trips depart Ochsner MC River Road and Collins C Diboll Dr.

**OCTOBER 24-29 (MONDAY – SATURDAY): ROAD TRIP - BRANSON FALL FOLIAGE**
Join us for a stroll through Branson Missouri! Branson tour includes 4 shows, a train ride through the Ozark Mountains and beautiful Mount Magazine. Enjoy the Showboat Branson Belle, the Haygood’s, tour of the College of the Ozarks, Mt Magazine State Park, Arkansas, and Missouri Railroad and much more! Single: $1368 / Double: $1138 / Triple: $1068 / Quad: $1028
Contact Tours by Aurora at 504-914-7209 to register.

**FUTURE EVENTS**

***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 9-10 (WEDNESDAY – THURSDAY): CHRISTMAS OUTLET SHOPPING***
Bus departs WB at 6:00am, SS at 6:30am  Limit of 50 Attendees

***DECEMBER 2 (FRIDAY): CHRISTMAS EXPO & RIPS ON THE LAKE***
We will visit the Christmas Extravaganza Arts and Craft show at the ST. Tammany Parish Fairground. The fairgrounds will feature arts, crafts, music and food from vendors all over Louisiana. We will enjoy lunch on the lake at RIPS (Lunch on your own). $5.00 will be collected on the bus for entrance to the fairground.
Bus departs WB at 8:00am, SS at 8:30am  Limit of 30 Attendees  $35pp

The game hasn’t ended! Keep playing all year, the next drawing will be on October 3rd. The Grand Prize winner will receive a Saints Jersey autographed by Michael Thomas. For every friend you refer that becomes a member you’ll receive a “token” of appreciation. The more friends you refer that become members, the more you win!

**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.**

**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.**

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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**

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

Ochsner On Call: This 24/7 service is free and available by calling 1-800-231-5257.

***Need help with the Cloud? Contact our office to make an appointment.***

****[https://ochsner.force.com/goldenopportunity](https://ochsner.force.com/goldenopportunity)****