



**2024 Renewal Fees are due before 12/31/23 for your membership to remain active.**

**You can renew online via the Cloud: [ochsner.my.site.com/goldenopportunity](https://ochsner.my.site.com/goldenopportunity).**

**You can also mail (\$20 per person) to the GO office.**

**Thank You to those who have submitted payment already.**

**RSVP REQUIRED FOR ALL EVENTS**

**Registration for new events (indicated with \*\*\*) available Monday, January 15th 8:00am on the CLOUD.**

**Mail in registrations will be opened on Monday JANUARY 15th, 8:00am. There is no pre-registration.**

**To access the cloud, type the following into your search engine: [ochsner.my.site.com/goldenopportunity](https://ochsner.my.site.com/goldenopportunity)**

**\*\*\*FEBRUARY 2 (FRIDAY): ENRICHMENT SESSION – LET’S MAKE PERSONALIZED GREETING CARDS**

Ochsner 65 Plus Clinic, 1581 N. Highway 190, Covington

Personal Transportation

Instructor: Judy Lenord a local artist and writer. Join us as we learn how to create beautiful greeting cards to share with others. This will be a hands-on creative class. It is crafty and lots of fun. All materials will be provided.

10:30am

Limit of 26 Attendees

\$10pp

**\*\*\*FEBRUARY 6 (TUESDAY): MONTHLY MEETING – THE TRUTH ABOUT SENIOR LIVING SEMINAR SERIES “THE TRUTH ABOUT TRUSTS, WILLS, AND GUARDIANSHIPS”**

Benedict’s Plantation at 1144 N Causeway Blvd. in Mandeville

Personal Transportation

Expert panelists will discuss the TRUTH regarding differences between trusts and wills, as well as how these documents can impact both the living and the dead. Legal guardianships will also be discussed. Learn the TRUTH about ensuring your wishes are followed and needs are met should you become dependent upon others. There will be a question-and-answer session following the presentation.

10:00am

Limit of 36 Attendees

FREE

**\*\*\*FEBRUARY 14 (WEDNESDAY): COVINGTON VALENTINE’S DAY “CAFÉ LA TEA DA”**

Café Du Monde, 70437 LA-21 in Covington

Personal Transportation

Come and say a quick hello, and have a cup of coffee. Join us to celebrate the love of friendship on Valentine’s Day. This will be an informal meet-up where we can talk and catch up.

9:00am

Limit of 20 Attendees

ON YOUR OWN

**\*\*\*FEBRUARY 15 (THURSDAY): DAY TRIP - A DAY AT THE RACES FAIR GROUNDS NEW ORLEANS**

Join us at the New Orleans Fairgrounds for fun, excitement, thrills, intrigue, and adventure. And best of all, a chance to win a lot of money! It is the third oldest thoroughbred race meet in the U.S., with over six hundred of the newest slots. It is famously known as “the home of big thrills” in New Orleans. Cost will include lunch, admission, racing program, and non-alcoholic beverages. The races will start at 12:45pm, with the dining room opening at 12pm for seating. Buffet Menu: Assorted Freshly Baked Rolls, Garden Salad with Peppercorn Ranch Dressing, Chicken Alfredo Penne Pasta, Chicken & Andouille Jambalaya, Sautéed Vegetable Medley, Traditional Bread Pudding topped with Brandy Sauce. Tea, Water, Coffee, and a cash bar are available for drinks.

9:30am Covington Pickup - Winn Dixie 70431 Hwy 21 / 5:45pm Approximate Return to Covington

10:00am Slidell Pickup - 100 Medical Center Blvd / 5:30pm Approximate Return to Slidell

Limit of 110 Attendees

\$77pp

**\*\*\*FEBRUARY 20 (TUESDAY): DINE AROUND – MANDEVILLE EL PASO MEXICAN GRILL**

3410 U.S. Hwy 190 in Mandeville

Personal Transportation

Join NSGO for Taco-Tuesday with a wide variety of mesquite-grilled, Tex-Mex dinners and a la carte menu. Choose from soups, salads, vegetarian options, burgers, ribs, and seafood.

11:30am

Limit of 35 Attendees

ON YOUR OWN

**\*\*\*FEBRUARY 22 (THURSDAY): ENRICHMENT SESSION - GO BOOK CLUB #9**

**Meeting in person and via zoom**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

The NSGO Book Club will hold our meeting to discuss our 9th book, *The Saturday Evening Girls Club*, By Jane Healey. Be prepared to bring your insights and questions to share with the group. All are welcome to join the discussion in a relaxed and open atmosphere.

1:00pm

Limit of 30 Attendees

FREE

**\*\*\*FEBRUARY 23 (FRIDAY): SLIDELL – FRONT STREET CAFÉ LA TEA DA**

Sirincci Coffee, 1808 Front Street, (Across from the train station) in Slidell

Personal Transportation

Come and join us in Olde Towne. Meet us for coffee then come to the Lunch and Learn at Slidell Memorial Founders Building following coffee. This new coffee shop is located in the historic building of Slidell's first hotel.

9:00am

Limit of 18 Attendees

ON YOUR OWN

**\*\*\*FEBRUARY 23 (FRIDAY): SLIDELL LUNCH AND LEARN – ARTHRITIS AND INFLAMMATION CARE**

SMH Founders Building 1st Floor 1150 Robert Blvd in Slidell

Personal Transportation

Join SMH and Ochsner for an informative presentation about caring for your arthritis and joint inflammation. Please register with Golden Opportunity and SMH (985) 280-2657. Lunch will be provided by SMH.

11:00am

Limit of 20 Attendees

FREE

**\*\*\*FEBRUARY 28 (WEDNESDAY): ENRICHMENT SESSION – GAME SHOW TEAM TRIVIAL PURSUIT**

Ochsner 65 Plus Clinic, 1581 N. Highway 190 in Covington

Personal Transportation

It is time to assess your knowledge, and show us how much you remember from days gone by. Also, current events, and all sorts of other useless information you may have stored in your brain. This will be a team's event. We can see who is the smartest of them all. Awards will be given.

1:00pm – 3:00pm

Limit of 30 Attendees

FREE

**\*\*\*FEBRUARY 29 (THURSDAY): DINE AROUND - SUNSET DINNER SERIES BISTRO 55 IN OLDE TOWNE**

300 Robert Street in Slidell

Personal Transportation

Join NSGO at this beloved Olde Towne location at Bistro 55, featuring small plates, charcuterie boards and a full bar of signature cocktails, wines, and beer. Dine indoors or out on the intimate, partially covered patio.

5:00pm

Limit 35 Attendees

ON YOUR OWN

**UPCOMING EVENTS**

**MARCH 3, 2024 (SUNDAY): DAY TRIP - SAENGER THEATER "AIN'T TOO PROUD TO BEG" AND BRUNCH**

**MARCH 23, 2024 (SATURDAY): DAY TRIP - BLUE ANGELS AIR SHOW BELLE CHASE**

**MARCH 28, 2024 (THURSDAY): ENRICHMENT SESSION - 65 PLUS & NSGO MEMBER ART & PHOTOGRAPHY SHOWCASE RECEPTION**

**A dedicated telephone line** has been set up with Ochsner Scheduling Department for GO members to schedule medical appointments without any delays. **North Shore: 985-871-2546**

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

**\*\*Fees must be received within 7 days of making the reservation to confirm your seat. If not received, another member will fill your seat. 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.**

**For Additional Information Contact:**

Gwendolyn Clement, Program Coordinator  
gwendolyn.clement@ochsner.org  
office 985-875-2799 text/cell 985-707-4133  
ochsner.org/go

Ochsner 65 Plus Clinic  
Golden Opportunity  
1581 N. Hwy 190  
Covington, LA 70433