

**2023 renewal fees are due before 12/31/22 for your membership to remain active.**

**You can renew online on the Cloud or mail (\$15 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, December 12, 8:00am on the CLOUD!**

**\*\*\* JANUARY 4 (WEDNESDAY): DINE AROUND - "RING IN THE NEW YEAR" AT CAFÉ LYNN**

2600 Florida Street in Mandeville – Personal Transportation.

Let's celebrate the New Year together with great food and good friends. Enjoy the beautiful atmosphere and classic French country style New Orleans cuisine including seafood, steaks, salads, and more. Some specialties include fresh fish, jumbo Gulf shrimp, Duck Confit, lump crab cakes, and pan seared lamb chops. The French Onion Soup is award winning! Daily specials are available.

11:00am

Limit of 30

ON YOUR OWN

**\*\*\* JANUARY 10 (TUESDAY): COVINGTON GET GOING WITH GWENDOLYN - THE EAT FIT PLAN**

Ochsner 65 Plus Clinic at 1581 N. Highway 190 in Covington – Personal Transportation.

Speaker: Brittany N. Craft, Supervisor of Nutrition Programs Ochsner Fitness Center. Learn more about the Ochsner Eat Fit Program. This program collaborates with your favorite local restaurants, grocery stores, and beyond to spotlight nutritious and delicious meal options. Learn some great tips for eating healthy in 2023.

10:30am

Limit of 25

FREE

**\*\*\* JANUARY 11 (WEDNESDAY): TECHNOLOGY ASSISTANCE APPOINTMENTS**

Ochsner 65 Plus Clinic at 1581 N. Highway 190 in Covington – Personal Transportation.

Our office is available to assist GO members who may need help signing onto the GO Cloud, registering for MyOchsner, sending emails, or any other basic technology questions. Please call the office at 985-875-2799 to schedule an appointment.

10:00am to 12:00pm

FREE

**\*\*\* JANUARY 12 (THURSDAY): SLIDELL GET GOING WITH GWENDOLYN - THE EAT FIT PLAN**

Ochsner Medical Center North Shore at 100 Medical Center Drive in Slidell Camellia Room - Personal Transportation.

Speaker: Brittany N. Craft, Supervisor of Nutrition Programs Ochsner Fitness Center. Learn more about the Ochsner Eat Fit Program. This program collaborates with your favorite local restaurants, grocery stores, and beyond to spotlight nutritious and delicious meal options. Learn some great tips for eating healthy in 2023.

10:30am

Limit of 25

FREE

**\*\*\* JANUARY 20 (FRIDAY): COVINGTON "CAFÉ LA TEA DA"**

Café Du Monde at 70437 LA-21 in Covington – Personal Transportation.

Let's be SOCIAL...Would you like to meet up with your Golden Opportunity friends, or make new GO friends? This will be an informal meet-up where we can talk, catch up on life, and get to know each other.

8:30am

Limit of 20

ON YOUR OWN

**\*\*\* JANUARY 26 (THURSDAY): INFINITY SCIENCE CENTER**

1 Discovery Cir in Pearlington, MS – Personal Transportation.

Enjoy a fun day with GO as we explore our earth, oceans, and space through deepening levels of involvement ranging from walks through museum galleries, memorable videos, and live presentations. We plan to begin meet and begin touring at 10:30am, facility is open 9:00am to 4:00pm and you can stay longer if you'd like. Price of admission is \$9.00 per person.

10:30am to 1:30pm

Unlimited Attendees

ON YOUR OWN

**\*\*\*JANUARY 31 (TUESDAY): SLIDELL "CAFÉ" LA TEA DA"**

Sirincci Coffee Company at 791 Robert Blvd in Slidell – Personal Transportation.

Let's be SOCIAL...Would you like to meet up with your Golden Opportunity friends, or make new GO friends? This will be an informal meet-up where we can talk, catch up on life, and get to know each other. It is so much fun!

8:30am

Limit of 20

ON YOUR OWN

**UPCOMING EVENTS:**

**PICKLEBALL CLINIC**

We are super excited about Pickleball. The clinics will begin in early March.

Learn how to play pickleball and the rules of the game at our very own Golden Opportunity instructional clinic given by a local Pickleball expert. We are planning on putting together teams and become involved in the fastest growing sport for Seniors in our area. Our team will be called "THE GOLDEN PICKLES"

Date and time TBD

\$10pp

**\*\*\*FEBRUARY 16 (THURSDAY): BUS TRIP - DAY AT THE RACES**

Join us for our annual GO Day At the Races. While being served lunch in the clubhouse, you will enjoy watching the races through the floor-to-ceiling windows. The lunch menu includes Tossed Salad, Grilled Chicken Breast, Root Vegetables, Mashed Potatoes with Saffron and Lemon Glaze and Dessert. Coffee, Iced Tea and Soft Drinks will be served with the meal. Cash bar will be available as well. Derby Hats are welcome and encouraged.

***You Bet We Are Going To Have A Great Time!***

10:30am

Limit of 50

\$70pp

**OCHSNER 65PLUS DECEMBER SCHEDULE**



**10:30am – 11:30am**

Monday, December 5  
Monday, December 12  
Monday, December 19

**10:30am – 11:30am**

Wednesday, December 14

**Thurs, Dec 1: 9am – 10am**

OHP Health Plan

**Friday, Dec 9: 10:30 – 11:30am**

Scams and Situation Awareness

**Friday, Dec 16: 10:30am – 11:30am**

Christmas Arts and Crafts

**Friday, Dec 30: 10:30am – 11:30am**

OHP Health Plan

Call 985-249-2600 to make a reservation to attend Ochsner 65Plus events. Takes place in the Ochsner 65 Plus Community Room at 1581 Hwy 190 in Covington. Limit 25 attendees.

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.



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.

**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.**