RSVP REQUIRED FOR ALL EVENTS
Registration for new events (indicated with *** ) available Monday, July 17th at 8:00am on the CLOUD.
All West Bank & South Shore Registrations should be mailed to:
Golden Opportunity - Attn: Sabrina Champagne - 4225 Lapalco Blvd. 2nd Floor - Marrero, LA 70072

*** AUGUST 2 (WEDNESDAY): WB MONTHLY MEETING
1771 Stumpf Blvd., Terrytown, LA
Personal Transportation
Theme: “GO” against cancer! Wear your cancer awareness apparel. Jerry Parker’s Socks that Rock provides fun socks to patients in cancer treatment infusion centers. Please help by giving warmth and comfort to cancer patients by donating colorful socks with a funny side to them for children and adults. All sizes are needed.
Menu: Baked Chicken, mashed potatoes, seasoned green beans, salad, and dessert.
Doors open at 10:15am/ Speaker at 10:45am Limit of 150 Attendees $18pp

*** AUGUST 4 (FRIDAY): SS MORNING FUEL AT CAFÉ LATTE DA
5860 Citrus Blvd Ste. A, Harahan
Personal Transportation
You don’t always have to eat what you think is a typical breakfast. Why not eat something you would have for dinner for breakfast? For example, try adding fish or chicken to a breakfast omelet or fry with some vegetables. It’s also a good way of using up leftovers and save yourself preparation time. Don’t be afraid to experiment.
**Show your attendance by registering.
10:00am Limit of 35 Attendees ON YOUR OWN

*** AUGUST 8 (TUESDAY): SS MONTHLY MEETING - SENIOR HOUSING OPTIONS
1200 S. Clearview Parkway at Ochsner Fitness Center Auditorium
Personal Transportation
Speaker: Rebecca Jeffries, Executive Director of The Blake. Learn more about temporary, short-term care flexible, limited duration stays or full-time residency. Get the info on senior living communities.
Theme: “GO” against cancer! Wear your cancer awareness apparel. Jerry Parker’s Socks that Rock provides fun socks to patients in cancer treatment infusion centers. Please help by giving warmth and comfort to cancer patients by donating colorful socks with a funny side to them for children and adults. All sizes are needed.
Light refreshments provided. **Show your attendance by registering.
10:15am Limit of 35 Attendees FREE

*** AUGUST 10 (THURSDAY): DAY TRIP - TOUR OF THE BONNET CARRÈ SPILLWAY
The US Army Corps of Engineers will enlighten us with an educational tour of the Bonnet Carrè Spillway. Serving the engineering needs of south Louisiana is a task so monumental that it can only be performed by the U.S. Army. Lunch On your own with a beautiful view of Lake Pontchartrain at Frenier Landing.
Bus departs WB 8:00am/ SS 8:45am Limit of 50 Attendees WAIT LIST ONLY

*** AUGUST 15 (TUESDAY): SS LUNCH AND LEARN - HURRICANE SEASON PREPARATION
2222 Clearview Parkway Suite 107- Piccadilly
Personal Transportation
Speaker: Jim Pittman Director of Ochsner Medicare Advantage Communications
Some of us are in good health but are not as agile as we used to be. Some of us have hearing or vision problems; others use a cane or wheelchair. Whatever our limitations, we still need to be prepared. We can be prepared! **Show your attendance by registering.
11:30am Limit of 45 Attendees ON YOUR OWN

*** AUGUST 17 (THURSDAY): WB MORNING FUEL AT SHONEY’S
420 Westbank Expressway, Gretna, LA
Personal Transportation
Water is a morning fuel. Wait, water isn't a food? True but it is the most important nutrient. We need water, we are water. Over 2/3rds of our body are made up of water and it is crucial for the balance of body fluids.
9:00am Limit of 35 Attendees ON YOUR OWN
AUGUST 18 (FRIDAY): SS ENRICHMENT SESSION – PRESCRIPTION DRUGS
1401 Jefferson Highway, Bldg. B., New Orleans - Ochsner Camellia Room
Speaker: Alan G. Bayham, RPh, MAOM
When used as prescribed by a doctor, prescription medicines can be helpful in treating many illnesses. But when these medicines are misused, they can have serious consequences. Light refreshments provided. **Show your attendance by registering.**
10:00am
**Limit of 45 Attendees**
FREE

AUGUST 21 (MONDAY): SS DINE AROUND WITH “GO” NEW ORLEANS HAMBURGER & SEAFOOD
817 Veterans Blvd, New Orleans, LA
We are getting back to living, and socializing. Socialization can provide a tremendous boost for longevity as it reduces stress and isolation. There is no reason for anyone to ever feel like they are alone if they do not wish to be. Come out and enjoy the company of “GO” members!
12:00pm
**Limit of 30 Attendees**
ON YOUR OWN

AUGUST 22 (TUESDAY): SS MOVIE REVIEW - STRAYS
Check the cloud for updated information, theater and time will post a week before the event.

AUGUST 24 (THURSDAY): WB LET’S WALK WITH “GO”
197 Westbank Expwy. Suite 33, Gretna. - Oakwood Mall
Walking is a wonderful way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. Distance around the mall is approximately one-half of a mile, Let’s meet and walk! (Meet at food court entrance)
10:00am
**Unlimited Attendees**
FREE

TECHNOLOGY APPOINTMENTS AVAILABLE THROUGHOUT THE MONTH
I am 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. To schedule an appointment contact me at sabrina.champagne@ochsner.org or 504-371-6541.

UPCOMING EVENTS
SEPTEMBER 1-2 (FRIDAY- SATURDAY): ROAD TRIP - ZYDECO FESTIVAL
An exciting trip to Cajun country, full of food, music, fun and gaming! The 41st Annual Southwest Zydeco Music Festival. Here we immerse ourselves in the best of creole culture We will dance the afternoon away as we enjoy delicious traditional food and music by our favorite Zydeco performers! Performances by Chubby Carrier & the Bayou Swamp Band, Corey Ledet, Geno Delafose & French Rockin’ Boogie, Mike Broussard & NuEdition Zydeco, Jeremy Fruge & the Zydeco Hot Boyz, and Rusty Metoyer & the Zydeco Krush.
To register contact Golden Opportunity - Sabrina-504-371-6541. Payments made to Tours by Aurora 504-914-7209.
Bus departs WB 6:00am/ SS 6:45am

OCTOBER 11-12 (WEDNESDAY-THURSDAY): ROAD TRIP - CANTON CRAFT FAIR
We begin with a relaxing ride north through Louisiana & into Mississippi where we spend the night at the Pearl River Resort Complex in Choctaw, MS, the Golden Moon Hotel and Casino. Next morning be rested for an early departure as we will spend the day at one of the top twenty events in the Southeast, the Canton Craft Fair. On our way home we will enjoy a meal at Cracker Barrel. Price Per Person Single: $339 / Double: $289 / Triple: $269 - $100 Deposit due with reservation - Full payment due August 28, 2023.
To register contact Golden Opportunity - Sabrina-504-371-6541. Payments made to Tours by Aurora 504-914-7209.
Bus departs WB 6:00am/ SS 6:45am
NOVEMBER 9-10 (THURSDAY - FRIDAY): ROAD TRIP - HOLIDAY TREASURES
Welcome to GNO’s First Annual Holiday Treasures Trip! First stop is Buc-ees for a quick stretch after our miles traveled. No time to waste, then we’re off to the Tanger Outlet Mall where we can shop till we drop. Wake up to a complimentary hotel breakfast and then we’re off to enjoy the scenic route to Old Time Pottery. Next stop will be downtown Foley where we’ll enjoy over 60 attractions best known for shopping and dining.
Bus depart WB 7:30am/ SS 8:15am Limit of 50 Attendees

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.

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.

**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.**