Important Notes: If you wish to register for an event requiring a fee, please check availability before submitting a check. Please note all fees are nonrefundable.
1. Be sure to have your emergency and health info with you for all events.
2. If an event requires payment by check please submit separate checks for events unless otherwise stated.
3. Ochsner GO has the right to limit all program activity participation to members only.
4. All GO events are subject to change and GO has the right to adjust events without formal notice.

***AUGUST 2 (WEDNESDAY): WB MONTHLY MEETING
1771 Stumpf Blvd., Terrytown, LA
Personal Transportation
Theme: “GO” against cancer! Wear your cancer awareness apparel. Please consider donating colorful socks with a funny side to them. All sizes needed. Menu: Baked Chicken, mashed potatoes, green beans, salad, and dessert.
☐ attend ☐ will not ☐ add to wait list

***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.
☐ attend ☐ will not ☐ add to wait list

***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. Light refreshments provided.
Theme: “GO” against cancer! Wear your cancer awareness apparel. Please consider donating colorful socks with a funny side to them. All sizes needed.
☐ attend ☐ will not ☐ add to wait list

***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.
☐ attend ☐ will not ☐ add to wait list

***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:
☐ attend ☐ will not ☐ add to wait list

***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 is made up of water and it is crucial for the balance of body fluids.
☐ attend ☐ will not ☐ add to wait list
**AUGUST 18 (FRIDAY): SS ENRICHMENT SESSION – PRESCRIPTION DRUGS**
1401 Jefferson Highway, Bldg. B., New Orleans - Ochsner Camellia Room
Personal Transportation
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.

☐ attend  ☐ will not  ☐ add to wait list

**AUGUST 21 (MONDAY): SS DINE AROUND WITH “GO” NEW ORLEANS HAMBURGER & SEAFOOD**
817 Veterans Blvd, New Orleans, LA
Personal Transportation
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! **Show your attendance by registering.

☐ attend  ☐ will not  ☐ add to wait list

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

☐ attend  ☐ will not  ☐ add to wait list

**AUGUST 24 (THURSDAY): LET’S WALK WITH “GO”**
197 Westbank Expwy. Suite 33, Gretna - Oakwood Mall
Personal Transportation
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

☐ attend  ☐ will not  ☐ add to wait list

**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.

☑ attend

□ will not

☐ add to wait list

**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 Golden Moon Hotel and Casino in Choctaw, MS. Next morning be rested for an early departure as we will spend the day at 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.

☐ attend  ☐ will not  ☐ add to wait list

**NOVEMBER 9-10 (THURSDAY-FRIDAY): ROAD TRIP - HOLIDAY TREASURES**
Welcome to GNO’s First Annual Holiday Treasures Trip! First stop is Buc-ees then on to 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. **Price per person Double:$220 / Single $250.** Deadline to register and make final payment is September 29. To register contact Golden Opportunity - Sabrina-504-371-6541. Payments made to Golden Opportunity.

☐ attend  ☐ will not  ☐ add to wait list

**ANNOUNCEMENTS:**
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. **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. **RSVP IS REQUIRED FOR ALL EVENTS. YOU ARE NOT SCHEDULED FOR THE EVENT UNTIL PAYMENT IS RECEIVED.**

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