RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with ***)) available Monday, October 16th at 8:00am on the CLOUD. To access the cloud, type the following into your search engine: https://ochsner.my.site.com/goldenopportunity

All West Bank & South Shore Registrations should be mailed to:
Golden Opportunity - Attn: Sabrina Champagne - 4225 Lapalco Blvd. 2nd Floor - Marrero, LA 70072

***NOVEMBER 1 (WEDNESDAY): WB MONTHLY MEETING
1771 Stumpf Blvd., Terrytown, LA  Theme: Happy Thanksgiving  Personal Transportation
“There is always, always, always something to be thankful for.” In the spirit of the season, we want to give thanks to all of our wonderful members who make “GO” possible. May this Thanksgiving be as joyful as you deserve, and the start of a happy holiday season! Menu: Pork loin, stuffing, yams, salad, bread, and dessert.
Doors open at 10:15am  Limit of 150 Attendees  $18pp

***NOVEMBER 3 (FRIDAY): WB LUNCH & LEARN – SEASONAL DEPRESSION & HOLIDAY BLUES
2500 Belle Chasse Hwy. Gretna, LA. – River Room  Personal Transportation
Speaker: Tracey Murry, PhD. Join Dr. Murry as she discusses battling the Holiday Blues and tips on how to overcome feelings of depression. Menu: Baked chicken, mashed potatoes, green beans, salad and cookie.
12:00pm  Limit of 35 Attendees  $12pp

***NOVEMBER 6 (MONDAY): SS MORNING FUEL – LA MADELEINE
1200 S. Clearview Pkwy, Ste. 1314, Harahan, LA  Personal Transportation
Not feeling too hungry in the morning, but still craving some morning fuel in your stomach? Try La Madeleine’s fresh fruit & yogurt.
10:00am  Limit 20 Attendees  ON YOUR OWN

***NOVEMBER 7 (TUESDAY): COMMUNITY EVENT - SS LET’S WALK WITH “GO”
3301 Veterans Memorial Blvd., Metairie, LA – Lakeside Mall  Personal Transportation
Walking with a friend makes exercise more fun. Walking can help you make new friends and improve your health and wellbeing. Let’s meet and walk! (Meet at the food court entrance)
9:00am  Unlimited Attendees  FREE

***NOVEMBER 8 (WEDNESDAY): WB MORNING FUEL AT SHONEY’S
420 Westbank Expressway, Gretna, LA  Personal Transportation
Wake up and fuel up! It's always important to nourish your body and fuel it properly for the day.
9:00am  Limit of 35 Attendees  ON YOUR OWN

NOVEMBER 9-10 (THURSDAY- FRIDAY): OVERNIGHT TRIP - HOLIDAY TREASURES
GNO’s First Annual Holiday Treasures Trip! Bring a Friend and Let’s Go Shopping! 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. Price per person Double: $220 / Single $250. To register contact Sabrina at GO, 504-371-6541. Payments made to Golden Opportunity.
Bus depart WB 7:30am/ SS 8:15am  Limit of 50 Attendees
**NOVEMBER 12 (SUNDAY): GNO COMMUNITY EVENT - THE PERFECT WEDDING, NOT!**
Terrytown Country Club, 1785 Carol Sue Ave. Terrytown LA.  
Mike the groom wakes up on his wedding morning after his bachelor party last night. There is a strange girl next to him in bed. And his future bride is on the way to the suite! Join "GO" for a matinee of laughter! Laughter is strong medicine. It draws people together and triggers healthy physical and emotional changes in the body. Buffet menu: Fried Fish, BBQ Chicken, Pasta Alfredo, Fresh Green Beans, Broccoli & Cauliflower, Mixed Salad, Rolls, Mixed Desserts, Tea & Coffee. Doors open at 11:30 am. 
12:00pm Unlimited Attendees $58pp

**NOVEMBER 14 (TUESDAY): SS MONTHLY MEETING – SOCIALIZE! BUT WITH RESTRAINT**
1200 S. Clearview Parkway at Ochsner Fitness Center Auditorium  
Speaker: Kayla Jones with Digital Medicine. You’ve worked hard to establish good eating habits, now learn how to stick to them during the holiday season. A diverse diet is an effective plan for an overall healthy lifestyle. Theme: Happy Thanksgiving - Thanksgiving is when we are called to count our blessings, and you are certainly one of them! Our “GO” members are the reason we thrive. Thank you so much for choosing “GO”! We wish you and yours a Happy Thanksgiving! Light refreshments will be served.
10:15am Limit of 35 Attendees FREE

**NOVEMBER 15 (WEDNESDAY): WB COMMUNITY EVENT - LET’S WALK WITH “GO”**
197 Westbank Expwy. Gretna, LA. - Oakwood Mall  
“The body will become better at whatever you do, or don’t do. If you don't move, your body will make you better at not moving.” Let’s Go! 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

**NOVEMBER 16 (THURSDAY): WB DINE AROUND – THE RED MAPLE**
1036 Lafayette St, Gretna, LA.  
Join us at The Red Maple, reputation for delicious food, exceptional service, and rich Louisiana history. Dine Around with “GO” and cultivate friendships and give thanks for all the blessings. (All credit card transactions will include 3.5% service fee / 20% gratuity each ticket.)
12:00pm Limit of 40 Attendees ON YOUR OWN

**NOVEMBER 17 (FRIDAY): SS DINE AROUND – LANDRY’S SEAFOOD HOUSE**
8000 Lakeshore Dr, New Orleans, LA.  
Dine Around with “GO" to give thanks for all the blessings we’ve enjoyed throughout the year. Landry’s Seafood House has the best Gulf Coast cuisine with superior service to create the perfect atmosphere.
12:00pm Limit of 35 Attendees ON YOUR OWN

**NOVEMBER 23 (THURSDAY): HAPPY THANKSGIVING**
I will be out of the office November 23rd – November 27th.

**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. 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.

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**For Additional Information Contact:**
Sabrina Champagne, Program Coordinator  
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504-371-6541 office  
ochser.org/go  
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Marrero, LA 70072