RSVP REQUIRED FOR ALL EVENTS

Registration for new events (indicated with *** ) available Monday, August 21st 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

IMPORTANT UPDATE ABOUT REGISTRATION!

When going online to register for events, you must type the following information in Google Chrome to get started. https://ochsner.my.site.com/goldenopportunity

With this change, you will need to create a new bookmark with the above link. Any bookmark previously created will no longer work. A sample of the icon for Google Chrome is posted to the right.

***SEPTEMBER 1-2 (FRIDAY- SATURDAY): OVERNIGHT 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 and many more! Price Per Person: Single: $449 / Double: $374 / Triple: $349

$100 deposit due with reservation / Full payment due July 17, 2023. Payments made to Tours by Aurora at 504-914-7209.

Bus departs WB 6:00am / SS 6:45am  Limit of 50 Attendees

***SEPTEMBER 6 (WEDNESDAY): WB MONTHLY MEETING
1771 Stumpf Blvd., Terrytown, LA


At “GO” meetings we say Please, Thank You, and GO SAINTS! Come dressed as a Saints Super Fan!

Menu: Red beans with sausage, garden salad, corn bread, and dessert.

Doors open at 10:15am  Limit of 150 Attendees  $18pp

***SEPTEMBER 7 (THURSDAY): WB MORNING FUEL AT SHONEY’S
420 Westbank Expressway, Gretna, LA

An early breakfast may not be for everyone. Listen to your hunger cues to know how important it is for you. What you eat over the whole day is more important than stressing over breakfast.

9:00am  Limit of 35 Attendees  ON YOUR OWN

***SEPTEMBER 12 (TUESDAY): SS MONTHLY MEETING – DIGITAL MEDICINE
1200 S. Clearview Parkway at Ochsner Fitness Center Auditorium

Theme: Black & Gold, New Orleans Saints.

Speaker: Erika Pillsbury, MBA, APM, CSPO  Manager of Growth and Development – Digital Medicine

Ochsner Digital Medicine empowers you to take control of high blood pressure and/or Type 2 diabetes with guidance, support, and monitoring from home. **Show your attendance by registering. Light refreshments provided.

10:15am  Limit of 35 Attendees  FREE

***SEPTEMBER 14 (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
SEPTEMBER 15 (FRIDAY): WB DINE AROUND WITH “GO” - SCHNELL’S RESTAURANT
5501 4th St, Marrero, LA
Developing various positive sources of social activity can help reduce stress, ward off anxiety and depression, and reduce the risk of some physical health concerns. Many activities to choose and no reason for anyone to ever feel like they are alone if they do not wish to be. Come out and enjoy good food and great company with “GO” members!
12:00pm  Limit of 40 Attendees  ON YOUR OWN

SEPTEMBER 18 (MONDAY): SS ENRICHMENT SESSION – MEDICARE 101
1200 S. Clearview Parkway at Ochsner Fitness Ctr. Auditorium
Speaker: Angela Pigford, Medicare Representative Ochsner Health Plan
Medicare can be confusing. But you’ve got this! And we are here to help. Whether you are new to Medicare or just want a refresher, this session will help you understand what is best for you in 2024.
**Show your attendance by registering.
10:00am  Limit of 35 Attendees  FREE

SEPTEMBER 19 (TUESDAY): SS MORNING FUEL AT LA MADELEINE
1200 S. Clearview Pkwy, Suite 1314
Close the kitchen after dinner! Late night snacks can interfere with hunger signals in the morning. Meet me at La Madeleine for your morning fuel and good conversation!
**Show your attendance by registering.
10:00am  Limit of 20 Attendees  ON YOUR OWN

SEPTEMBER 22 (FRIDAY): WB ENRICHMENT SESSION – MEDICARE 101
2500 Belle Chasse Hwy. in the River Room
Speaker: Angela Pigford, Medicare Representative Ochsner Health Plan
Medicare can be confusing. But you’ve got this! And we are here to help. Whether you are new to Medicare or just want a refresher, this session will help you understand what is best for you in 2024.
12:00pm  Limit of 35 Attendees  FREE

SEPTEMBER 26 (TUESDAY): SS MOVIE REVIEW – MOVIE TBD
Check the cloud for updated information, theater, time, and movie will post a week before the event.

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.

Having difficulty with MyOchsner?
Contact MyOchsner support 1-877-339-2637

**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.